



Nourishing the Caregiver

Caring for others can often mean less time to care for yourself. This presentation will teach you about healthy eating strategies and smart eating principles while managing a busy lifestyle.

You will learn to create balanced diets and enhance your ability to plan your meals. You will also learn new techniques to apply to your daily life practice. In addition, you may be invited to share some of your examples of nutritious meals.

To register for this event in French [click here](#).

About our presenter:



Nicole Osinga is a Registered Dietitian with the College of Dietitians of Ontario in the Durham region. With a bachelor's and master's degree in Human Nutrition, Nicole provides personalized and evidence-based nutrition solutions for her clients and audience. She is known as a plant-based meal prep expert and promotes the power of plant-based foods to improve our health and well-being.

Nicole has appeared on numerous regional and national television and has written for the Toronto Star. Recently, she published an e-book: *The Plant-Based Meal Prep Master Plan*, which is available on her website at nicoleosinga.com.

Register for exclusive access to these free webinars today

Date: Thursday March 4, 2021

Time: 12 p.m. - 1 p.m.

Location: Zoom

(link to be provided during registration)

Cost: Free

Register today

[March 4 English](#)

[March 4 French](#)

