

## NUTRITION SPEAKER SERIES

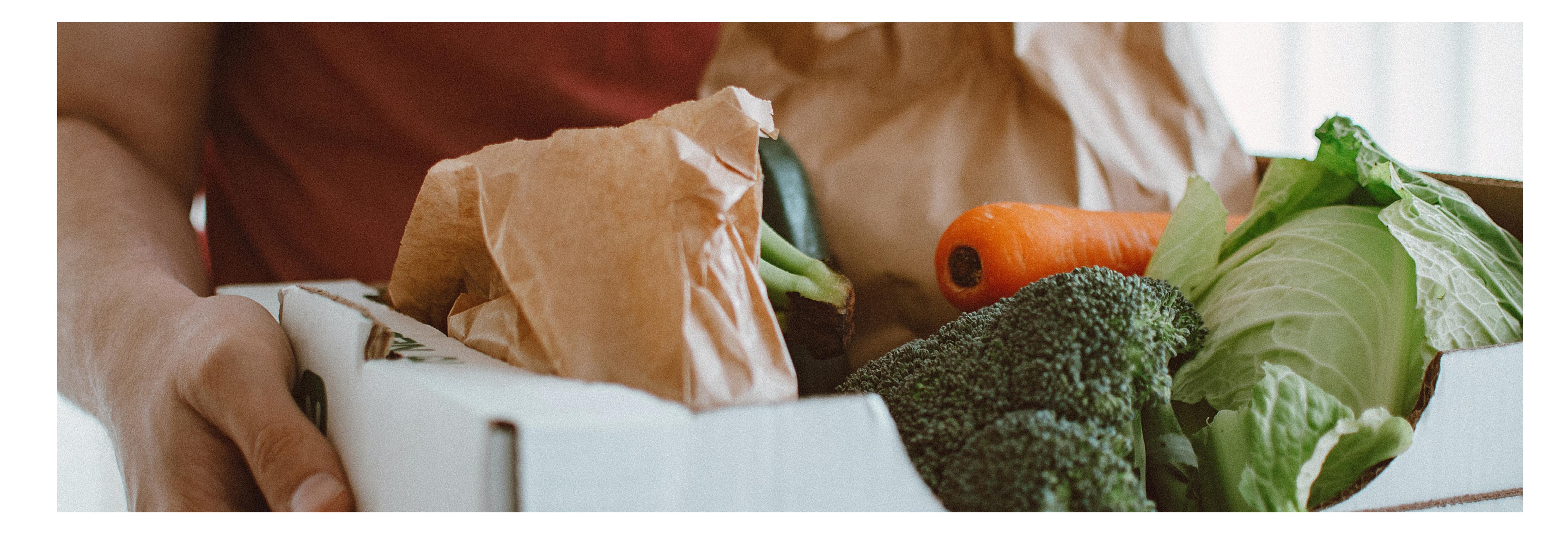
Join our 'Nutrition Speaker Series' to enhance your understanding of the role nutrition plays in mental and physical wellbeing, as well as the health of the environment. Sessions will run from July to August, from 12:00 p.m. to 12:45 p.m. RSVP at tdcevents@cadillacfairview.com for the topics below:

Nutrition Basics: Eating for Optimal Health, July 27. Tune in for an introduction to the basics and learn how to optimize your health through nutrition.

Nutrition & Diet MythBusters, July 29. Join us as we uncover common diet myths and breakdown the stigmas around fat, sugar, protein and carbs.

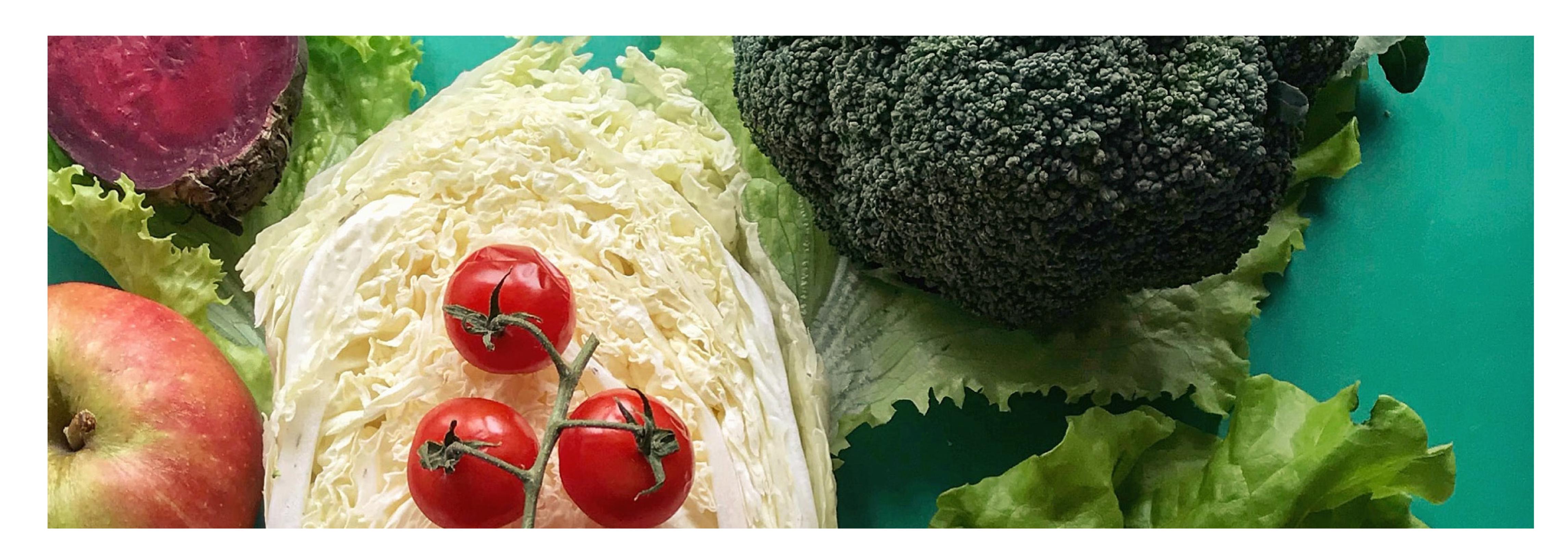
Mindful Eating for Mental Health, August 10. Explore how to fuel your body and support your mental health through mindful and intuitive practices.

Greening Your Diet, August 12. Join us to learn how you can reduce the environmental footprint of your diet by eating sustainably.



## MORE FOOD, LESS WASTE GUIDE

From planning ahead and rescuing your vegetable scraps, to setting



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## SAVE THE FOOD ON YOUR PLATE POSTER

Summer marks the season of fresh Ontario produce and bountiful Farmers' Markets. As we enjoy delicious meals, take some time to consider how to