

The McGill Comprehensive Health Improvement Program
Le programme complet d'amélioration de la santé McGill

A Taste of Le goût de



FREE LECTURE SERIES - OPEN TO ALL
CONFÉRENCES GRATUITES - POUR TOUS
LES CONFÉRENCES SERONT EN ANGLAIS ET LA PÉRIODE DE QUESTIONS SERA BILINGUE

- 27-JAN-2017 @ 1PM Deceive yourself to better health
with Magician Jay Olson
- 24-FEB-2017 @ 1PM Heart Healthy Nutrition with Lisa R. RDt
- 31-MAR-2017 @ 1PM Practicing mindful eating with Lisa R. RDt
- 28-APR-2017 @ 1PM Cancer & Exercise - CHIP Kinesiologist
- 26-May-2017 @ 1PM Motivation and tips on cooking at home
with Lisa R. RDt
- 16-June-2017 @ 1PM Heart Health & Exercise - CHIP Kinesiologist

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