



LAMP Community Health Centre Nutrition Counselling and Services



See a Registered Dietitian about:

- Healthy eating and recipes
- Grocery shopping on a budget
- Weight management
- Picky eating
- High cholesterol
- High blood pressure
- Prenatal and infant nutrition
- Any other food- or diet-related questions you may have!

External and self-referrals are currently accepted



LAMP Community Health Centre
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"Building a Healthy Community"

**For More Information
Please Contact Maki
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