



**Science Outreach –Athabasca  
presents...  
Healthy Eating  
Environments -  
Make the Healthy Choice  
the Easy Choice**



**Speaker: Katelynn Skoreiko,  
Regional Dietitian, Alberta Health Services  
Athabasca & Smoky Lake**

**Date: Wednesday, January 9, 2019**

**Time: 7:00 PM to 8:30 PM**

**Place: Athabasca University Governing  
Council Chambers**

A healthy eating environment is a setting which makes choosing healthy options easier for everyone. Healthy eating is associated with a lower risk of developing chronic diseases such as obesity, type 2 diabetes, certain types of cancer, heart disease, and osteoporosis.

Individual food choices can be affected by the foods available in various environments, including our home, schools, childcares and recreation centres. Healthy eating is an important consideration for where we and our children live, learn and play.

This presentation will provide an opportunity to explore the types of environments that affect our food choices each day and to consider how we can impact these environments in a positive way. Join Katelynn to discuss Healthy Eating Environments so you don't fall into the trap of fad diets!



**Free community event! Refreshments & Door prizes!**

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