



# NUTRITIONAL WALKS



Nesters Market and Pharmacy is now offering free nutritional walks at it's Whistler location. Join Registered Holistic Nutritionists **Tracy Higgs** and **Sandy Davies** each week for inspirational whole food ideas to whet your palate.



March 1<sup>st</sup> – Healthy bones and teeth



March 8<sup>th</sup> – Natural Sweeteners



March 15<sup>th</sup> – Detoxification



March 22<sup>nd</sup> – 5 min Solutions



March 29<sup>th</sup> – Super Foods



April 5<sup>th</sup> – Eating on a Budget

*Time: 10am every Thursday*

7019 Nesters Rd.  
Whistler, B.C.  
VON 1B7

Wellness Desk  
604-935-3545 Ext 322

