

July 2016 Nutrition Nook Posts

Links may no longer work

July 4, 2016 - Powassan

Live outside of town? The Municipality of Powassan's Facebook page has just posted several activities happening in their community for the summer. Swimming is a great way to stay active and cool in the summer heat. If you like the heat, join them for FREE Yoga in the park.

See more details [HERE](#).



July 7, 2016 - It is strawberry picking season!

Leisure Farms is located in Sturgeon Falls and have all sorts of goodies to buy. Check out their website for more details [HERE](#).

Beckers Berry Patch is located south in Nippising. They have great recipes and more information on their website, check it out [HERE](#).

Time to get out there and eat some strawberries!

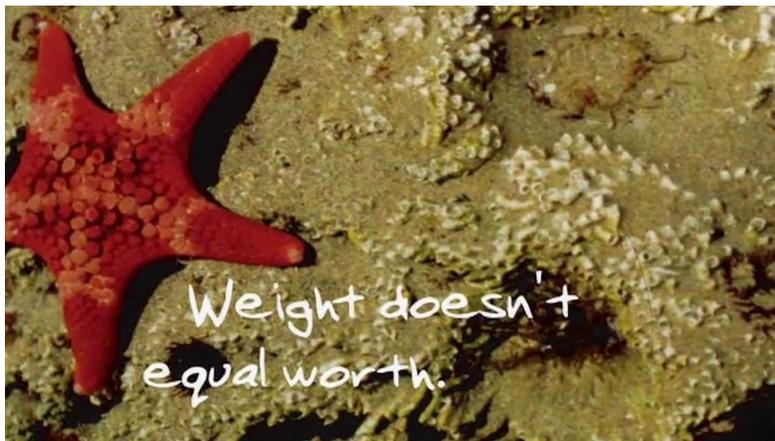


July 12, 2016

"Let us honour and respect our bodies for what they do instead of despising them for how they appear."

A post by Dr Sharma. Follow him on Twitter (@DrSharma) or [Facebook](#).

For mindful eating posts check out Dr Rick Kausman on [Facebook](#) or download an app called [Empowerment Cards](#).



July 19, 2016 - North Bay YMCA

Are you between the ages of 13-17? Do you need something fun to do on a Friday? Head to the YMCA from 1-8:30pm for [Free Teen Fridays](#) this summer. Don't forget your running shoes, bathing suit and photo ID.

Follow [YMCA North Bay](#) on Facebook for upcoming events and activities.

July 20, 2016 - Raspberries, Blueberries, Lettuce and MORE

There are lots of great farms around this area. Blueberries and Lettuce are ready at Spring Hill Farms. Check out their [Facebook page](#) for more details and information on how to get there.

Raspberries are ready in Sturgeon Falls at Leisure farms. See more on their [Facebook page](#).

Take advantage of this time to pick all you can and save them for the winter!

July 26, 2016 - Infographics

Infographics are a quick way to see a small amount of information. They can be very informative and fun. I've added a couple to our [Cooking Skills Tab](#). Be careful when looking for your own infographics, not all information is always accurate.

Have any food related questions or concerns? Ask your doctor for a referral to see either Andrea or Veronica, your Blue Sky Family Health Team Registered Dietitians.

Registered Dietitians promote health through food and nutrition. Click [HERE](#) for more information on what a Registered Dietitian is and how we can help with your health.