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 **Nutrition Coaching...**
**"because life can
 get in the way of
 the best intentions."**



Nutrition Fair

Add a new dimension to your special event with this fun, upbeat, interactive fair

Give your participants a license to drive a shopping cart! Most people want to make healthy choices, but they are confused by mixed messages, or they just don't have the time. Since 1989, Ramona Josephson has touched the lives of thousands of Canadians, who have experienced her upbeat, interactive Turning Points to Wellness fairs.

The Framework



Nutrition on the Run fair is set up in the location of your choice, and arrives complete with Ramona's team of health professionals, colourful graphics and an array of food models.

In the most fun, engaging and interactive way, Nutrition on the Run fair teaches participants how to earn their license to drive a HeartSmart shopping cart! It leads to a greater awareness on how to make healthy food choices right in the supermarket.

- Ramona's Nutrition Coaching Team will coach participants to load up their shopping cart with healthy nutrition choices and use their cart as their nutrition barometer.
- Participants check in at the Fat Budgeting Zone, Grain Lane, Produce Plaza, Milky Way, Meat Market, Snack Attack Lane and more...
- At the Check-Out, *participants will be rewarded with their license to drive a shopping cart!*

Nutrition on the Run fair is based on Ramona's best-selling book *The HeartSmart Shopper - Nutrition on the Run* which was awarded the Dietitians of Canada's regional Speaking of Food and Eating Award for excellence in consumer nutrition education.

Excellent displays. Visual presentation is a great eye-opener. What a great idea.

People can't stop talking about it. What an impression the fair made!

*Everyone needs this. It is absolutely great. Two thumbs up!
 What a fun way to learn about nutrition. Knowledgeable staff, great concept, lots of interaction.*

