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Wondering how you are doing with choosing foods that help you keep healthy and active?

If you’re over 50 years, try out:

Eating Habits Survey

http://www.nutritionscreen.ca/escreen/default.aspx

**More questions? Book an appointment with a Registered Dietitian**

**In Brandon, if your Doctor or Nurse Practitioner is at:**

**Western Medical Clinic, call 204-727-6451**

**Brandon Clinic, call 204-571-7139**

**7th Street Health Access Centre or any other clinic located in Brandon, call 204-578-4813**

**Outside of Brandon, call 1-877-509-7852**