



Sudbury Brazilian Jiu-Jitsu & Muay Thai Academy

Montrose Mall, 790 Lasalle Blvd, Sudbury, ON
Hilltop Plaza, 5931 HWY 69N, Hanmer, ON

To Register call 705-222-7655 or visit www.sudburybjj.com



Nutrition for Healthy Families

Wednesday, May 20th, 7-9pm, Hilltop location

Monday, May 25th, 7-9pm, Montrose location

This class will clear up the confusing information out there as well as educate on how to start your family on its way to a healthier lifestyle in regards to the foods they are consuming.

Nutritional Support for Children on the Spectrum

Monday, June 15th, 7-9pm, Montrose location

Wednesday, June 17th, 7-9pm, Hilltop location

This class will teach caregivers how food impacts children who fall on the spectrum including those who have ADHD.



Healthy Lifestyle= Healthy Planet

Monday, July 13th, 7-9pm, Montrose location

Wednesday, July 15th, 7-9pm, Hilltop location

From the food you eat, your physical activity and your personal care products this class will address how these impact your health and the health of the planet.

In Honour of World Breastfeeding Week!

Breastfeeding I: Establishing Breastfeeding

Sunday, August 9th, 2-4pm, Hilltop location

Monday, August 10th, 7-9pm, Montrose location

This class will provide current information on infant feeding practices allowing for informed decision making. Educate parents on how to establish breastfeeding, where to seek help if problems arise and correct breastfeeding misinformation.

