

Greetings Mohawks of the Bay of Quinte Residents

My name is Azin Jamali, I would like to introduce myself as the new dietitian working at the Community Wellbeing Mohawks of Bay of Quinte centre. I originally completed my studies in nutritional sciences at the University of Manitoba in Winnipeg. I graduated in 2009, completed a 10 month internship and wrote a national exam to become registered to work as a dietitian. In 2010, I started work in Ontario with a Family Health Team and am now working in the Community Wellbeing centre as well. A dietitian is like a coach to guide you in making healthy eating decisions and provides you with the most up-to-date information. I am available on Mondays and Thursdays from 8:30am to 4:30pm. We are also going to be offering cooking classes on the use of sweeteners and cooking when you have diabetes. If you were just diagnosed with diabetes or have been managing it for years but would like to learn more about nutrition or attend a cooking class please call to book an appointment free of charge.

I am excited to be here and am looking forward to serving the community.

Sincerely,

Azin Jamali, RD

“You don’t have to cook fancy or complicated masterpieces—just good food from fresh ingredients.” —Julia Child