achēv NEWCOMER INFORMATION CENTRE

A NUTRITIONAL GUIDE FOR AGING GRACEFULLY: WEBINAR



Wednesday, April 17 , 2024
10:00 a.m. – 11:30 a.m.

In this webinar, the following topics will be covered:

- Understanding the Aging Process
- Key Nutritional Considerations
- Social and Emotional Aspects of Nutrition
- Special Considerations and Challenges
- Practical Tips for Healthy Aging Through Nutrition
- Resources and Support
- Conclusion Q&A

Register by email or online:

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