

HOW TO MEET YOUR NUTRITIONAL NEEDS: IN-PERSON SESSION FOR SENIORS

In Collaboration with SEVA Food Bank
and Queen Square Family Health Team



Monday, October 28, 2024 | 11:00 a.m. – 12:30 p.m.

**Venue: Seva Food Bank, 2832 Slough Street,
Mississauga (Malton) L4T 1G3**

Join our workshop to increase your knowledge of the key areas of nutrition to help you eat better. You'll learn about:

- Essential nutrients for older adults
- Make-ahead meal ideas
- How to get the most from snack time
- Tips for dining for 1 or 2 persons

Light refreshments will be served

Register by phone or email:
(905) 677-0007 Ext. 5233
MaltonNIC@achev.ca

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