

ENHANCING DIGESTIVE HEALTH FOR 55+: IN-PERSON SESSION

In Collaboration with
SEVA Food Bank & NutriKaur



Thursday, December 19, 2024 | 10:30 a.m. - 12:00 p.m.

You will learn about:

- Digestive changes that occur with age
 - Increased sensitivity
 - Changes in the gut
 - Medication impact
- Tips to improve digestion
 - Eating smaller meals
 - Staying hydrated
 - Increasing fiber intake
- And more



Location: 263 Queen St. E., Unit 14, Brampton, ON

**Seats are limited and available on a first-come, first-served basis.
Registration confirmation required to participate.**

For registration, please email:
becnic@achev.ca

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