

NUTRITION FOR DIGESTIVE HEALTH: IN-PERSON SESSION FOR SENIORS



In Collaboration with
SEVA Food Bank and NutriKaur



Tuesday, March 25, 2025
11:00 a.m. – 12:30 p.m.

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

Join this workshop to learn about:

- Digestive changes that occur with age – increased sensitivity, changes in the gut, medication impact
- Tips to improve digestion

Light refreshments will be served

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

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