

ESSENTIALS OF PLANT-BASED DIET: IN-PERSON SESSION FOR SENIORS

In Collaboration with
SEVA Food Bank and Queen Square



Wednesday, October 1, 2025
10:30 a.m. – 12:00 p.m.

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

Join this workshop to learn about:

- Benefits of plant-based eating
- What to eat to ensure you have the required nutrition
- Sample meal plans to get you started

Light refreshments will be served

Register by phone or email:
(905) 677-0007 Ext. 5233
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