achēv WOMEN'S CONNECTIONS & EMPOWERMENT

HEALTHY EATING AND NUTRITION: WEBINAR

In Collaboration with
Advocates for Newcomer Care

ANC

Thursday, November 13, 2025
10:00 a.m. – 11:30 a.m.

The following topics will be covered:

- Introduction to Canada's Food Guide
- Role of nutrition in the prevention and management of chronic disease
- Q & A

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achēv WOMEN'S CONNECTIONS & EMPOWERMENT

健康饮食与营养：线上讲座

与In Collaboration with
Advocates for Newcomer Care合作

ANC

星期四,11月 13日， 2025
10:00 a.m. – 11:30 a.m.

课程将涵盖以下主题：

- 加拿大食品指南简介
- 营养在预防和管理慢性病中的作用
- 问答

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