

# Nutrition for Gut Health

Date: Thursday, January 12, 2026

Time: 3 PM – 4 PM

Location: Activity Room at SPLC

## Topics:

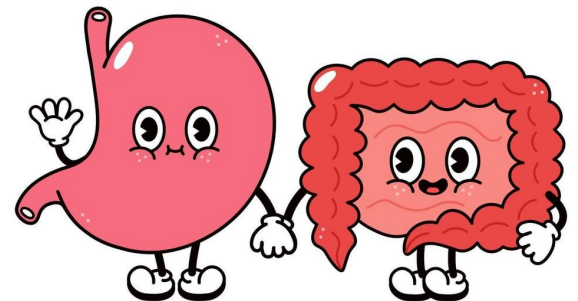
- Common Gut Issues  
(heartburn, reflux, diarrhea, constipation)
- Simple Healthy Meal Plan for Your Gut
- Lifestyle tips
- Q & A

Facilitator: Clara Lee, RD

Registration is required.

Please contact Clara at 416-

493-3333 x 325 or email at [yoonslin@splc.ca](mailto:yoonslin@splc.ca)



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 [info@splc.ca](mailto:info@splc.ca)

 [www.splc.ca](http://www.splc.ca)

 (416) 493-3333

 [fb.com/splcweb](https://fb.com/splcweb)

3333 Finch Avenue East  
Scarborough, Ontario  
M1W 2R9



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