

# Healthy Fats for Your Heart

Date: Monday, February 9, 2026

Time: 3 PM – 4 PM

Location: Activity Room at SPLC

## Topics:

- Types of Fats
- Good Fats for Heart
- Fats to Limit
- Tips for Choosing Health Fats
- Q & A



Facilitator: Clara Lee, RD

Registration is required.

Please contact Clara at 416-493-3333 x 325 or email at [yoonshein@splc.ca](mailto:yoonshein@splc.ca)



Senior Persons Living Connected

 [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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