

Boosting Immune System

Date: Thursday, March 5, 2026

Time: 3 PM – 4 PM

Location: Seminar Room C at SPLC

Topics:

- What Immune System Does
- Factors That Affect Immunity
- Foods That Help Immunity
- Simple Recipes & Tips
- Q & A



Facilitator: Clara Lee, RD

Registration is required.

Please contact Clara at 416-493-3333 x 325 or email at yoonshein@splc.ca



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