

Healthy Fats for Your Heart

Date: Monday, February 9, 2026

Time: 3:15 :PM – 4:15 PM

Location: Recreation 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 yoonshinl@splc.ca



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