

Nutrition Month Event

Eat Well, Age Well: Sugar Awareness

Date: March 25, 2026 (Wednesday)

Time: 2 PM – 4 PM

Location: Activity Room



Display Activities

- Understanding sugar in everyday foods
- Sugar awareness game and Food Label Reading
- Simple snack ideas with lower sugar
- 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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