

Safe Supplement Use for Seniors

Date: June 8, 2026 (Monday)

Time: 3 :15 PM – 4:15 PM

Location: Recreation Room at SPLC

Topics:

- Why Supplements Matter as You Age
- Common Supplements for Seniors
- Safe and Unsafe Combinations
- How to Take Supplements Safely
- Q & A



Facilitator: Clara Lee, RD

Registration is required.

Please contact Clara at 416-493-3333 x 820 or email at english@splc.ca.



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