

耆樂中心

合理安全使用膳食补充剂 - 普通話

2026 年 8 月 26 日& 9 月 23 日, 上午 10:00-11:00

地址: Steeles Library 圖書館, 375 Bamburgh Circle, Scarborough

为什么补充剂对长者来说存在问题/长者常用的补充剂/安全与危险的补充剂/补充剂组合: 利与弊/如何安全服用补充剂!

更多查詢請致電 SPLC: 416-493-3333 轉分機 821 或發電郵至 chinese@splc.ca

歡迎 55 歲以上成人長者及照顧年長家人親友的看護者參與!



Safe Supplement Use for Seniors (2 Sessions in **Mandarin**)

Date and Time: August 26 and Sep 23, 2026 , 10:00-11:00, Wednesday

Location : Steeles Librar, 375 Bamburgh Circle, Scarborough

Why Supplements Matter as You Age/Common Supplements for Seniors

Safe and Unsafe Combinations/ How to Take Supplements Safely

For Registration please call SPLC 416-493-3333 ext 821 or EMAIL: chinese@splc.ca

All Adults 55+, Seniors and Caregivers of Aging Relatives Are Welcomed!



Senior Persons Living Connected

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