



Healthy Eating for Healthy Aging

Date: Monday, March 30th 2015

Time: 10:30 am to 12:30 pm

Learn About:

- Canada's Food Guide
- Maintaining Healthy Weights
- Benefits of Protein Rich Foods
- Cooking for One or Two
- Easy Snack Recipes



Speaker: Hinson Ho, MScA, RD (Registered Dietitian)

Language: English

Venue: St. Paul's L'Amoreaux Centre - Recreation Room
3333 Finch Ave E (southwest corner of Finch & Warden)

For More Information: Please Call (416) 493 - 3333

Everyone is welcome!