

認識食用鹽 (廣東話)

日期： 4月26日 (星期三)

時間： 下午5:15 - 6:15

內容：

- 食用鹽攝入量和血壓
- 高血壓併發症
- 食用鹽替代品
- 如何判斷鈉含量是否高



主講： 何肇軒, 註冊營養師

地點： SPLC - 康樂室

3333 Finch Ave. East (Finch and Warden)

查詢及報名請致電： 416 - 493 - 3333

歡迎長者和照顧長者人仕參加

Free Healthy Eating Workshop - Sodium (Cantonese)

Learn About:

- How salt intake can affect blood pressure
- Complications with high blood pressure
- How to add flavor to foods without using salt?
- How to tell if something is high in sodium?

Speaker: Hinson Ho, Registered Dietitian

Date: April 26, Wednesday

Time: 5:15pm - 6:15pm

Place: Senior Persons Living Connected - Recreation Room
3333 Finch Ave. East

To register, please call (416) 493 - 3333

Older adults, & caregivers of aging relatives are welcome!