[](http://www.google.ca/url?sa=i&rct=j&q=dietician+teaching+clipart&source=images&cd=&cad=rja&docid=9Vu1FH_Esl6M1M&tbnid=grsnyhuyDQ6yzM:&ved=&url=http://www.somewhereinblog.net/blog/frdora/29537793&ei=iJoeUZmSDo642gW5pYCoDg&bvm=bv.42553238,d.b2I&psig=AFQjCNEH1mbQT6Ya_VKdNVPTtZQffk_eDQ&ust=1361046536937398)

**Free Health Talk**

**Heart Healthy Eating**

(Older Adults and Seniors)

**Learn About:**

* Things that affect risk of heart disease
* Food that affect our heart health
* Heart healthy nutrition services at St. Paul's
* Food demonstration

**Speaker: Sheela Kuttaiya, RD**

**Language:** English

**Date:** February 28, 2014 (Friday)

**Time:** 10:00am - 11:30am

**Venue: St. Paul’s L’Amoreaux Centre -** Seminar Room

3333 Finch Ave E

(southwest corner of Finch & Warden)

**For more information:** Call 416 493 3333

**Everyone is welcome!**