

**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!**