



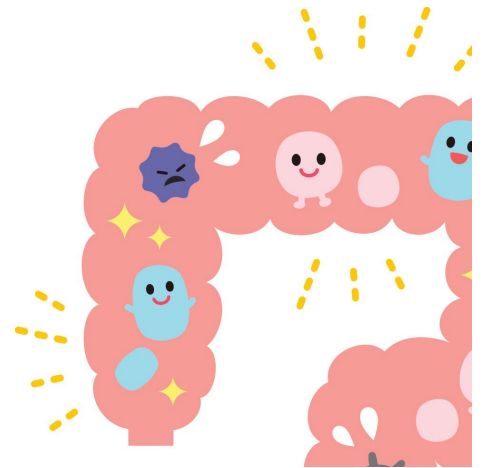
健康講座 (廣東話) 益生菌和腸道健康

日期： 11 月 27 日 (星期三)

時間： 下午 5:00 - 6:00

內容：

- 如何選擇合適的益生菌
- 如何保持腸道健康
- 益生菌的功能
- 食物中的益生菌



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 – Probiotics and Gut Health (Cantonese)

Learn About:

- How to choose the right probiotic
- Strategies to maintain optimal gut health
- Functions of probiotics
- Food sources of probiotics

Speaker: Hinson Ho, Registered Dietitian

Date: Nov. 27th Wednesday

Time: 5:00pm – 6:00pm

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!