



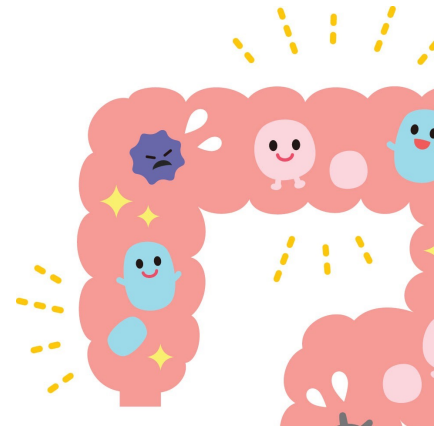
健康講座 (廣東話, 普通話翻譯) 益生菌和腸道健康

日期: 1月9日(星期四)

時間: 下午 1:30 - 3:30

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: Agincourt Library, Program Room on the 1st floor -
愛靜閣圖書館一樓活動室

155 Bonis Ave, Scarborough, ON

查詢及報名請致電: 416 - 493 - 3333 轉分機 229

歡迎長者和照顧長者人仕參加

Free Healthy Eating Workshop – Probiotics and Gut Health (Cantonese with
Mandarin Interpretation)

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: January 9, 2020, Thursday

Time: 1:30pm-3:30pm

Place: Agincourt Library, – Program Room of 1st floor
155 Bonis Ave, Scarborough, ON

To register, please call (416) 493 – 3333 ext.229

Older adults, & caregivers of aging relatives are welcome!