

## DIETITIAN SESSION FOR 55+: IN-PERSON EVENT



In Collaboration with  
SEVA Food Bank & NutriKaur



NutriKaur

**Thursday, January 16, 2025**  
**10:30 a.m. - 12:00 p.m.**

The following topics will be covered:

- What is blood sugar?
- Diabetes
- Nutrition for blood sugar
- And more



**Location: 263 Queen St. E., Unit 14, Brampton, ON**

**Seats are limited and available on a first-come, first-served basis.**

**Registration confirmation required to participate.**

**For registration, please email:**  
**becnic@achev.ca**

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