

HEALTHY EATING AND NUTRITION FOR 55+: WEBINAR



In Collaboration with Maximize Your
Health – Self Management Program



Wednesday, April 16, 2025
10:30 a.m. – 11:30 a.m.

This webinar will cover the following topics:

- Guidelines for healthy eating & food choices
- Understanding food labels
- A balanced plate
- Understanding portions
- And more



For more information, please email:

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[Register Online](#)



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