

PLANT BASED EATING FOR SENIORS: IN-PERSON SESSION



In Collaboration with
SEVA Food Bank and
Queen Square Family Health Team



Wednesday, November 19, 2025 | 10:30 a.m. – 12:00 p.m.

Join us as we explore the following topics:

- Introduction to plant-based eating
- Health and environmental benefits
- Nutritional considerations
- Addressing common concerns
- Practical and affordable tips
- Resources and recipes



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

Registration confirmation required to participate.

For more information, please email:
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