



Soci t  Alzheimer Society

NIAGARA REGION
R GION DE NIAGARA



Let's Talk About Nutrition & Self-Care

Guest Speaker: **Sarah Evason, MHSc, RD, CDE**

The food we eat and prepare is an important part of how we take care of ourselves and others. Join us as we talk with a Registered Dietitian to learn how to prioritize our own nutrition self-care. Learn to make quick and healthy food choices to cope better with the stresses of caregiving and improve your overall physical and mental health.

Wednesday, December 2, 2020

10:00am - 12:00pm

JOIN US ON ZOOM

Connection details will be e-mailed after registration.

www.alzheimerniagara.ca/online or [click here.](#)



Eating for Self-care

**HOW FOOD CAN KEEP
YOU BALANCED DURING
TIMES OF STRESS**