



Join us for three special presentations led by our Registered Dietician!



Essential Hydration

Topics: hydration strategies, hydrating foods, optimizing water intake, signs and symptoms of dehydration.

Date: October 28, 2026

Time: 10:30am to 11:30am



Constipation

Topics: foods to focus on, foods to limit, easy steps for better digestion.

Date: November 25, 2026

Time: 10:30am to 11:30am



Healthy Eating for Cholesterol

Topics: cholesterol basics, the power of fibre, healthy and unhealthy fats.

Date: December 2, 2026

Time: 10:30am to 11:30am



 **Location:** The Link, 20849 Dalton Rd, Sutton West, ON L0E 1R0

For more information,

CALL: 905-476-5621

*If awaiting email communications from VCHC staff,
please remember to check "junk" folder in your inbox
to ensure you receive our email communications.*

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Please let us know if you need any specific accommodations.
This flyer is available in an alternative format.