



## **SUPERFOODS FOR SENIORS**

**Presented by Heather Bester**

**Date: Monday, January 29th**

**Location: Creekside Hall, Canmore Srs. Centre**

**Time: 2 p.m.**

Heather Bester received her Bachelor of Science degree in Foods and Nutrition from the University of Alberta in 1988. She has been a Registered Dietitian/Nutritionist for 28 years. Heather works at the Banff Mineral Springs Hospital and has a private practice where she provides individualized counselling. She is passionate about helping you to find your optimum nutrition, maximizing health and energy levels, weight control, minimizing the effects of aging and coping with disease and returning to health. She believes in increasing enjoyment of wholesome real foods.

Superfoods for Seniors will provide practical ideas for food, fluids and supplements, focusing on the challenges for seniors' lives.

*Coffee is available and discussion encouraged. Donations are welcomed.*