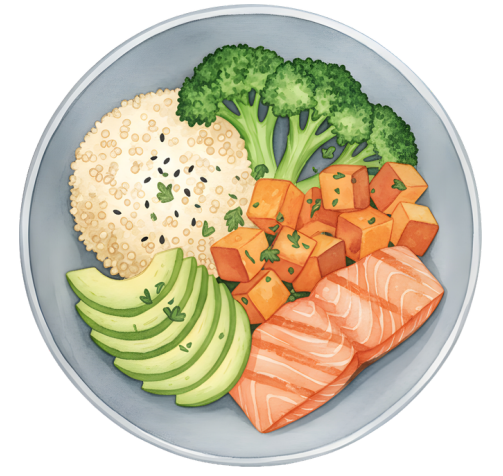




HEALTHY EATING FOR A HEALTHIER LIFE

吃得健康，活得更好



**Chinese
Caregiver
Support
Group** 華語照顧者
支持小組

**English & Chinese Workshop
with a Certified Nutritionist**
持牌營養師中英双语講座

講座內容 | WHAT YOU WILL LEARN

健康均衡飲食
Healthy & Balanced Eating

飲食與健康
Nutrition & Your Health

看懂食品標籤
Understanding Food Labels

搭配健康的一餐
Build a Healthy Meal

聰明選購健康食品
Smart & Healthy Food Choices

破解常見飲食迷思
Common Nutrition Myths

日期 | Date: Friday September 18, 2026 星期五 9月18日

時間 | Time: 3:30--5:00 pm

地點 | Location: 3rd Floor, 4460 Beresford Street, Burnaby

報名 | Registration: **daliq@burnabynh.ca 236-877-2616**



United Way
British Columbia

Working with communities in BC's
Interior, Lower Mainland, Central
& Northern Vancouver Island

THE BURNABY CAREGIVER SUPPORT PROGRAM IS FUNDED BY
THE GOVERNMENT OF BC AND MANAGED BY UNITED WAY OF BC



Burnaby Neighbourhood House is a community driven and community funded agency located on the unceded territories of the Tsleil-Waututh (səlilwətaʔt), Kwikwetlem (kwikwəʔləm), Squamish (Skwxwú7mesh Úxwumixw) and Musqueam (xʷməθkʷəy̓əm) nations with a unique focus on neighbours supporting neighbours.