

NUTRITION SUPPLEMENTS

VIRTUAL LEARNING OPPORTUNITY WITH YOUR DIETITIAN

Learn about the most popular nutrition supplements, if they can benefit you and how to choose a reputable brand.



Dates: Wednesday, April 14, 2020

Time: 4:00pm - 5:30pm

Location: Your own home!

Connect with us virtually using your phone, tablet, or computer.

For more information, email rnitschmann@rideauchs.ca



Rideau Community
Health Services

Your Community Health Centre

Photo from: <https://www.audiology.org/audiology-today-mayjune->

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