## **Try the Nutrition Check-up for Older Adults**

Answer a few simple questions about your eating habits. You will get a personalized report with tips on what's going well and areas you may want to focus on.



Scan the QR code or visit



ahs.ca/OlderAdultNutrition

## Are you a health professional?

Learn about nutrition screening at: ahs.ca/NutritionScreening

