

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 this QR code or visit
ahs.ca/OlderAdultNutrition



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Over 55?

Take a quick nutrition check-up and get tips to improve your eating habits.

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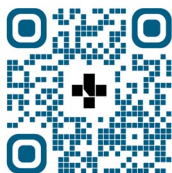


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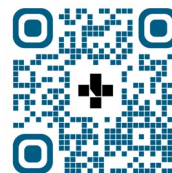
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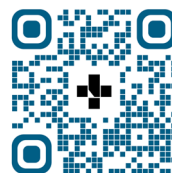
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