



COURTESY OF MINISTRY OF SENIORS & ACCESSIBILITY, PROVINCE OF ONTARIO

OZCF SENIORS SUB COMMITTEE

Invites YOU & FAMILY to participate in

"SENIORS MEAL VIRTUAL BINGO"

LETS HAVE FUN

WIN A FREE MEAL.

LEARN ABOUT THE GOODNESS IN OUR FOOD.

ANISHA GUPTA, Registered Dietitian & personal nutrition Coach



**WILL PLAY BINGO WITH US
AND WE WILL LEARN ALL ABOUT THE NUTRITIONAL VALUE OF THE FOOD
WE EAT.**

FEBRUARY 27th 2022 @ 11:30 am.

You need to Register by February 24, 2022 to take part, by clicking [HERE](#)

You will receive the online meeting link and bingo card by February 26, by email, once you have registered.