



Healthy Eating

Eat well: Healthy eating is a key part of aging well. It is a way for you to stay healthy and strong, which is important to maintain your independence and quality of life. Healthy eating can help to prevent or manage a variety of health conditions. Scroll down the page to read about ways to eat well and stay connected!

Compass' Senior's Kitchen and Grow Well Group Programs

- **The Senior's Kitchen** program offers an opportunity to learn cooking skills and healthy eating tips while connecting with others.
- **The Grow Well** program offers new and experienced gardeners the opportunity to connect and practice their love for gardening as a community.



Both of these programs are taking place in-person with limited spaces to ensure for social distancing for all members involved!

Register with Andrew Sweetnam or Jacoba Buist

(905) 523-6611 ext. 3006

Compass' Diabetes Consultation Program

If you are living with diabetes you are eligible to consult with one of our diabetes nurses and dietitians to learn about ways to manage your diabetes! **Call Compass Community Health Centre to request a consultation with a dietitian at (905) 523-6611**

EatRight Ontario- Dietitians' of Canada Senior's Guide

[Click here to see more details on the Dietitians of Canada Senior's Guide.](#)

This document is not intended to diagnose or replace medical advice. If you have any questions or concerns, consult with your primary care physician and/or consult with a registered dietitian.

Canada's Food Guide

[Click here to see more details on Canada's Food Guide.](#)

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Osteoporosis Canada- Nutritional Information

[Click here to see more details on Osteoporosis and nutritional information on ways to manage and prevent this condition.](#)

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