

UQ HEALTHY LIVING

DIETETICS food prep for over 50s in Coles

LIVE FOOD PREP DEMO DESIGNED TO SUPPORT
NUTRITION IN LATER LIFE.

12 - 2PM TUES 28TH & WED 29TH MAY
Coles, Toowong Village

Our nutritional needs change as we approach later life. By adapting our diet we can support shifts in activity level, lifestyle and circumstance.

UQ Healthy Living's dietetics service offers advice based on the latest research to help keep you active, healthy and independent.

See how easy it can be to prepare recipes designed to support the needs of over 50s at our live demonstration in store. Take a recipe card home or download them at uqhealthyliving.com.au

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