

Food Sensitivities, Allergies and Intolerances

55+
SENIORS



SATURDAY, MAY 18 | 3:30pm - 4:30pm
Brighthouse Branch, Community Place
Registration Required

What does being “sensitive” or “intolerant” to foods like gluten and dairy really mean? Join Dr. Romi Fung, Naturopathic Doctor, to discuss the differences between food allergies, sensitivities, and intolerances, the mechanisms behind each one, and the scientific research about how they affect our health and our bodies.

For more details, visit yourlibrary.ca/events, call 604.231.6413 or talk to a staff member.