



## Education Session: *Probiotics*

Learn *what* Probiotics are, *why* these food components may help keep you healthy and *how* to select the best food sources.

Enjoy food samples of high-probiotic foods!

**When: Wednesday, October 7, 10am–11:30am**

**Where: A1 Boardroom, PrimaCare**

**238 Grand River St. N** (former Willett Hospital)

Information or to register: (519) 442 – 9834



**PRIMACARE COMMUNITY FAMILY HEALTH TEAM**

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