

# Celebrating Women's Health.

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It's time to register for Dairy Farmers of Canada's annual Symposium on Nutrition and Health. This year's symposium is exploring women's health and will help participants to:

- Become aware of the issue of weight bias and stigma in health care
- Better understand the role of protein for optimal muscle health and function in aging
- Gain new knowledge related to the impact of nutrition on bone health across the lifespan
- Identify the nutrition considerations for women in sports and exercise

To consult the program, select the city that best accommodates you:

- **Edmonton on October 2**
- **Toronto on October 3 (also available via webcast in English)**
- **Montreal on October 4 (also available via webcast in French)**
- **Moncton on October 5**

For more information, visit [\*\*our website\*\*](#).

Organized in collaboration with:



Canadian Nutrition Society  
Société canadienne de nutrition