



CENTRE FOR CONSCIOUS AWARENESS (CCA) - CANADA

# POSITIVE LIVING SERIES

## Mental Well-being Program for Seniors

*"Our eating habits and the thoughts we have at the time of eating can have a great influence on our attitude and behaviour."*

**- Srinivas Arka**  
**Founder of CCA Globally**



Keynote Speaker:

 **Toronto**  
**Vegetarian**  
Association

***Pamela Fergusson, RD, PhD***

*Registered Dietitian*

Topic: **CAN A PLANT-BASED DIET IMPROVE MENTAL HEALTH?**

**Sunday October 18, 2020**

This is an online only webinar

**Time: 2:00pm to 3:30pm EDT**

Please kindly [register here](#) to receive the webinar details  
or at [www.canadacca.ca](http://www.canadacca.ca) | [positiveliving@canadacca.ca](mailto:positiveliving@canadacca.ca) | (416) 997-5531

For assistance registering, please leave a voicemail  
with your name and call back number.

**Admission Fee Waived.**

Supported by the  
Government of Canada's  
Emergency Community  
Support Fund and Durham  
Community Foundation



Registered Charity Number 80438 7496 RR0001