

VIRTUAL NUTRITION PRESENTATION:

# IRON IN THE CHILD-BEARING YEARS



Tuesday, March 24



6:00 P.M



Are you a Black woman or gender-diverse individual in your child-bearing years?

Do you get heavy periods?

Have you been diagnosed with iron-deficiency anemia or been told by your doctor to get more iron in your diet?



**If you answered “Yes” to any of these questions,** join us for a free online presentation where you’ll learn:

- Iron’s Role in the Body
- Changing requirements at various life stages
- Food sources of iron and tips to boost absorption
- General advice around supplementation

*Hosted by Natalie Johnson, Registered Dietitian for the Nova Scotia Sisterhood.*

To register and receive the virtual link: Send an e-mail with your full name to [NSSPrograms@nshealth.ca](mailto:NSSPrograms@nshealth.ca)

