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Senior Focus Group Participants

Through a series of 10 focus groups across the province, more than 150 British Columbians – ranging in age from 50-something to 87 – helped us determine what seniors really want to know about nutrition. Some brought in their favourite recipes (several of which appear in Chapter 11). Many brought in brochures, books and website addresses where they had found good nutrition information. We learned a lot and had a lot of fun at the same time.

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Nutrition information and advice:
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Or visit www.dialadietitian.org.

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pharmacist from 5 p.m. to 9 a.m. every day.
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