



Canadian Nutrition Society
Société canadienne de nutrition

TORONTO | ON
DoubleTree by Hilton Toronto Downtown
LIVESTREAM OPTIONS AVAILABLE

January 31, 2025

CNS 2025 THEMATIC CONFERENCE

Advances in Research & Practice:

80 is the new 50

STAYING WELL AS WE AGE



Join our upcoming in-person and virtual conference exploring the physiological changes of aging and the pivotal role of nutrition and exercise.

CONFERENCE HIGHLIGHTS



Interactive Panel Discussions:

Explore cross-disciplinary insights on aging and health with leading researchers and clinicians.



Cutting-Edge Research Insights:

Sessions showcasing the latest findings in nutrition, physical activity, and aging.



Practical Guidance:

Learn about the diverse dietary needs of older adults, including socio-economical, cultural and ethical considerations



Networking Opportunities:

Connect with experts in aging research and clinical practice.

SESSIONS & SEGMENTS

Physical Changes of Aging

- Aging, Population Growth and Ethnic Diversity
- Understanding Pathophysiological and Other Factors that Fuel Ageing-Associated Health Challenges

Exercise for Longevity

- Nutrition for Muscle Health
- Exercise for Mobility, Bone, and Muscle Health in Older Adults

Nutritional Strategies

- Aging with dignity: promoting food security for older adults
- Eat Well Age Well: The Importance of Nutrition for Health Aging

Independence & Quality of Life

- Dietary Patterns for Healthy Aging: Importance for Cognitive and Overall Health
- Guiding Supplement Use: Insights and Best Practices for Dietitians



Register by January 8, 2025 to receive discounted registration fees!

#CNSTHEMATIC25



REGISTER TODAY!

GROUP RATES AVAILABLE

<https://thematic2025.cns-scn.ca>