

# Food Sensitivities, Allergies and Intolerances

55+  
SENIORS



**SATURDAY, MAY 18 | 3:30pm - 4:30pm**  
**Brighthouse Branch, Community Place**  
**Registration Required**

**What does being “sensitive” or “intolerant” to foods like gluten and dairy really mean? Join Dr. Romi Fung, Naturopathic Doctor, to discuss the differences between food allergies, sensitivities, and intolerances, the mechanisms behind each one, and the scientific research about how they affect our health and our bodies.**

*For more details, visit [yourlibrary.ca/events](http://yourlibrary.ca/events), call 604.231.6413 or talk to a staff member.*