



**Priti Suri**

**Registered Dietitian**

Registered with College of Dietitians of BC, currently Priti is the Chief Consulting Dietitian at Diet Group. Priti spends the majority of her time consulting for organizations, government, conducting educational workshops, individual nutrition counseling, public speaking and writing. She completed studies in Clinical Dietetics and has worked on a wide array of projects with BC Children's, Abbotsford Regional, Toronto East General, Mount Sinai Hospital and Hospital for Sick Children.

Priti is a trusted food & nutrition expert and has been actively involved in various community initiatives bearing positions as well as membership of key committees. She has delivered nutrition lectures at corporate organizations, hospitals, schools, non-profits and has given several Nutrition Programs / Interviews /Expert Views on Radio, Television and in the Print Media. As a nutrition columnist, she covers health, nutrition and diet related information about chronic disease prevention and management.

**Session:** *A healthy and balanced diet at home*

- Objectives:**
1. What is the link between stroke and diet?
  2. How can I reduce my stroke risk through diet?
  3. How does excessive alcohol consumption affect my risk of stroke?
  4. How do I identify healthy foods while grocery shopping?
  5. How do stroke patients adapt and self-manage diet post-stroke?

**Date:** Day 1 – Saturday, March 26, 2022