



Amy Yiu, Registered Dietitian

Amy Yiu is a registered dietitian in Canada, renowned for her outstanding professional knowledge and extensive experience. She graduated from the University of British Columbia with a Bachelor degree in Dietetics and is certified as a diabetes educator.

With 18 years of experience as a nutrition consultant, Amy is the Chief dietitians of two clinics in the Richmond area – CRC Health Center and Dr. Jennifer Gao’s clinic. Passionate about helping her patients and clients achieve their health and dietary goals, she provides personalized nutrition counseling services.

Session: *Healthy Eating for Seniors*

- Objectives:**
1. The importance of nutrition for seniors
 2. How to plan a healthy diet for seniors
 3. Practical tips in meal preparation for seniors