

September 22, 2025

To Whom It May Concern,

On behalf of the Active Adult Centre of Mississauga, I am pleased to offer our support to Ahmad Khan and the Sinai Foundation Canada, who presented the Healthy Eating Nutrition Workshop for older adults.

Our partnership with Ahmad and the Sinai Foundation Canada has been a meaningful and transformative experience for our community of older adults. With his leadership, we were able to offer a healthy eating nutritional workshop specifically designed for older adults with cardiovascular disease, diabetes, and/or osteoporosis. This workshop gave our members the opportunity to explore healthy eating, ask questions about food choices and how certain foods help them cope with their illness(es).

The workshop was not only engaging and accessible, but also deeply empowering—many participants have learned a lot in regards to what foods they should eat, what healthy meals looks like and what blood work levels are healthy. This aligns with the Sinai Foundation Canada commitment on focusing on education, healthcare, and environmental stewardship.

We value our ongoing relationship with Ahmad and the Sinai Foundation Canada and fully support the continued development of this important educational session. Healthy eating workshops like this enrich our community knowledge and prove healthy eating is not a chore.

Sincerely,



Melissa Vuong

Administration and Facility Coordinator, Active Adult Centre of Mississauga