Healthy Life Trajectories Initiative (HeLTI) Trainee and Early Career Researcher (ECR) Monthly Seminar Series presents:

**Presenters:**

Kozeta Miliku, MD PhD  
Assistant Professor in Nutritional Sciences at University of Toronto and Medicine at McMaster University; HeLTI Canada

Howard (Zheng Hao) Chen  
Doctoral Student in Nutritional Sciences at University of Toronto

**Topic:** From plate to health: Addictive ultra-processed foods and the alarming non-communicable disease burden among Canadian children

**When:** Thursday, February 22nd at 8:00 EST (13:00 GMT; 15:00 SAST; 18:30 IST; 21:00 CST)

[Click here to access](https://mshri.zoom.us/j/83151274643?pwd=RFFmd0tvWE8yVzZ1OVg4TUFNQmlkZz09)  
Meeting ID: 831 5127 4643  
Passcode: 254845

ALL are welcome to attend – please disseminate widely.

If interested in presenting during this series, please contact the HeLTI Office: helti@helti.org