

Did You Know?

Numerous studies have shown that a variety of teas may boost your immune system, fight off inflammation, and even ward off cancer and heart disease. While some brews provide more health advantages than others, there is plenty of evidence that drinking tea regularly can have a lasting impact on your wellness.



After water, tea is the most widely consumed beverage in the world.



Tea, especially green tea, is a rich source of flavonoids that includes bioactive compounds proven to lessen oxidative stress, relieve inflammation, and provide other health benefits.



Those who drink tea are less likely to have hepatocellular carcinoma, liver steatosis, liver cirrhosis and suffer from chronic liver disease.



Tea has been associated with a lower risk of depression.



YOU'RE INVITED!

Tea and Health Session

**FOR SEIU HEALTHCARE
MEMBERS**



Your union invites you to attend an hour of learning and exploring this ancient wellness drink (tea), how it is produced, the various types and how it can serve as a pathway to a healthier lifestyle for you. We have a **Certified Tea Sommelier** delivering this digital session and welcome all those, including family members, to attend.

When: Tuesday March 30, 2021

Time: 7:00 p.m. to 8:00 p.m.

**RSVP Link: www.seiuhealthcare.ca/teaandhealth
or scan the QR code with your phone**

