

NUTRITION AS WE AGE SEMINAR

AS SENIORS AGE, NUTRITIONAL NEEDS CHANGE. COME AND RECEIVE NUTRITION INFORMATION FOR OLDER ADULTS TO EAT HEALTHY, REDUCE DISEASE RISK, AND DEAL WITH CHANGES THAT AFFECT APPETITE AND EATING.



Speaker:

JENNIFER JONES

- FITNESS NUTRITION SPECIALIST
- ACTIVE AGING NUTRITION SPECIALIST

Thursday, March 23, 2023 - 10:00 AM

Benson Center - Conference Room A & B



Sign-up at the Front Desk

