

Aging Well with Healthy Eating: Nutrition Program for Seniors



FREE 3-week class that explores the unique nutrition needs of seniors.

Learn why healthy eating is important for older adults, including:

- ◆ lowering risk of cognitive decline
- ◆ lowering risk of fractures, and falls
- ◆ maintaining a healthy heart and more



Also Learn how to handle common challenges that affect seniors such as:

- ◆ shopping on a budget
- ◆ cooking for one
- ◆ challenges with appetite and meeting nutritional needs

This program is run by a Registered Dietitian@



Rapids

Family Health Team

Date: Program begins March 23, 2023 @ 9:30-11:30 AM

Place: 460 Christina St. N, Sarnia (back entrance)

Registration Required Call: 519-339-8949