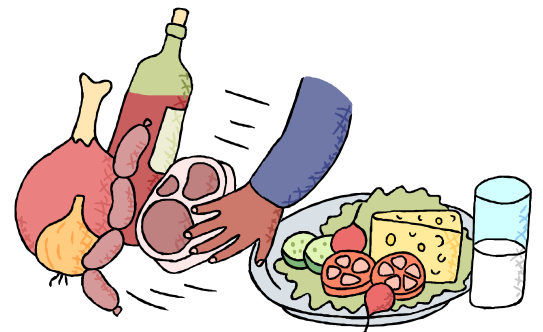


Healthy Aging

The Difference Proper Nutrition Can Make

Eating right and being physically fit are keys to staying healthy throughout life. Help feel your best by learning how to make healthy food choices - especially those that are lower in calories and packed with vitamins, minerals, and other nutrients.

Presented by: Marla Alibrio, MS, RD
Registered Dietician



Wednesday, March 10th, 11:00am
Members Lounge

Registration is required! Space is limited to 60 people!