



Zoom Workshop
Thursday Jan. 11
9:30 - 10:30
a.m.

Food For Our Hearts, Brains & Souls

Nutrition and the quality of food we eat is important at any age. As we get older, our bodies need higher amounts of some nutrients, but often require less energy. This can lead to challenges getting all of the nutrients needed to enhance our health. Learn about evidence-based recommendations to support healthy eating to optimize living independently and as well as possible, as a seasoned adult.

Presented by Heather Keller - Professor and Schlegel Research Chair in Nutrition & Aging
Schlegel-UW Research Institute for Aging, and Department of Kinesiology & Health Sciences

[CLICK HERE](#) to register for this online session
or contact carolyn.cormier@kitchener.ca for registration link.

Presented by: **Waterloo Region Age-friendly Network**