

## Nutrition and Aging in Place

Join Matt and Caitlyn from Amada Senior Care for a discussion on the crucial role nutrition plays in healthy aging at home. Good nutrition is not just about maintaining a balanced diet; it's essential for enhancing vitality, supporting the immune system, and promoting overall well-being in our senior years. During this informative session, you'll discover practical tips for self-care, explore various nutrition options tailored for seniors, and learn about the financial strategies to make healthcare more accessible.

A Light Brunch is to be provided compliments of Amada Senior Care.

**April 28, 2026**

**10-11**

**SIGN UP NOW!**

