



## *Virtual Path to Positive Aging Series*

# Healthy Eating For Older Adults



### **When:**

Tuesday, Jan. 17, 2023  
3:00 - 4:00 pm

### **Location:**

Zoom Virtual Seminar

### **RSVP:**

Register online at  
[SeniorConcerns.org/seminars](https://SeniorConcerns.org/seminars)  
or Call 805.497.0189

### **Join this VIRTUAL workshop to:**

- ✓ Learn about the impact of aging on nutritional needs
- ✓ Learn about the benefits of a Mediterranean-DASH diet as an intervention for Neurodegenerative delay
- ✓ Gain a better understanding of specific foods to limit or include in your diet

### **Presented BY:**

**Bridget Harvey-Elliott,**

Registered Dietitian & Senior Concerns  
Director of Nutrition Services