



March

Healthy Eating & Nutrition for Seniors

Attendees will learn about the importance of healthy eating and nutrition for seniors, including food choices that support healthy aging. The presentation covers common age-related nutritional challenges, strategies to combat decreased appetite, and practical ways to make healthier choices for overall well-being.

DATE: 03.28.2025

TIME: 11:30am

LOCATION: One Roof Southeast Neighborhood Ctr

ADDRESS: 405 E. Dubail Ave., South Bend, IN 46613

Space is limited, reserve your spot today by calling (574) 284-7189 to register.

Register for lunch by: 03.21.2025



Jarena Baker,
REAL Services
Nutrition Manager

Jarena Baker is a Certified Food Protection Manager with over 15 years of cooking experience. She previously served as the Dining Services Director at a local assisted living facility, where she combined her culinary expertise with her passion for supporting seniors.

