



March

Healthy Eating & Nutrition for Seniors

Attendees will learn about the importance of healthy eating and nutrition for seniors, including food safety basics, hydration goals, and making healthy choices. The presentation will also cover strategies to improve energy levels, overcome common age-related nutritional challenges, and reduce the risk of chronic diseases.

DATE: 03.20.2025

TIME: 11:00am

LOCATION: Owls Active Aging Center at Trinity

ADDRESS: 2715 E. Jackson Blvd., Elkhart, IN 46516

Space is limited, reserve your spot today by calling (574) 336-2652 to register.



Lisa Lobel, MS, RDN

With 25+ years of clinical experience, Lisa Lobel is a Registered Dietitian Nutritionist at The South Bend Clinic. She provides Medical Nutrition Therapy for individuals and families (ages 2-80), offering personalized guidance to support various health conditions and overall nutritional wellness at any stage of their journey.

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