



March

## Healthy Eating & Nutrition for Seniors

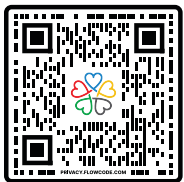
Attendees will learn about the importance of healthy eating and nutrition for seniors, including food choices that support healthy aging. The presentation covers common age-related nutritional challenges, strategies to combat decreased appetite, and practical ways to make healthier choices for overall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

DATE: 03.25.2025

TIME: 11:30am

LOCATION: Salvation Army

ADDRESS: 300 N. Main St., Elkhart 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.

 [realservices.org](https://realservices.org)  Real Services, Inc.

*Program may be provided in part by funding through Indiana Family and Social Services Administration through the Older American's Act.*



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