



March

Healthy Eating & Nutrition for Seniors

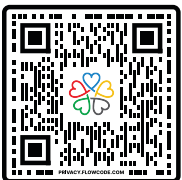
Attendees will learn about the importance of healthy eating and nutrition for seniors and how to make healthy choices. They will also gain insight into common age-related nutritional challenges and how to overcome them. The presentation will cover diabetes education, how to implement healthy eating habits, and the changes in nutrition needs as we age.

DATE: 03.11.2025

TIME: 11:00am

LOCATION: YMCA (3rd floor of parking garage)

ADDRESS: 111 W. Jefferson Blvd., South Bend, IN 46601



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



**Anouk Shelton,
MBA, RD LD, CNSC**

Anouk Shelton is a Registered Dietitian and Owner of Michiana Nutrition and Diabetes Education LLC. She provides expert nutrition services and diabetes education, helping clients in the South Bend area achieve better health through personalized, evidence-based nutrition care and support.

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