



March

How Good Nutrition Can Help Prevent Chronic Disease

Join us for an important discussion on how good nutrition can support overall health and help reduce the risk of chronic illnesses.

DATE: 03.27.26

TIME: 11:30 AM

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 12 PM: 03.25.26



Program may be provided in part by funding through Indiana Family and Social Services Administration through the Older Americans Act.



Jodie Pairitz

**Community Outreach
Nurse Coordinator**

Jodie Pairitz, MSN, RN, is an experienced nurse leader with a background in women's health, public health, and community wellness. She is the Community Outreach Nurse Coordinator for St. Joseph Health System, leading education and prevention efforts to reduce chronic illness in St. Joseph, Elkhart and Marshall counties.