



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: 03.19.26

TIME: 11:00 AM

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.**



*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.