



March

## Eating for Healthy Aging

Our nutritional needs change as we age - Let's discuss some key areas of nutrition to focus on to fuel our bodies well for years to come!

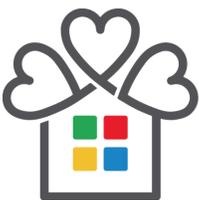
DATE: 03.11.26

TIME: 11:00 AM

LOCATION: Portage Commons

ADDRESS: 133 N. Williams St., South Bend, IN 46601

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



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



**Anouk Shelton**

Registered Dietician

Anouk Shelton, MBA, RD, LD, CNSC, is a Registered Dietitian and Owner of Michiana Nutrition and Diabetes Education LLC. She has worked in a variety of clinical settings and started her own private practice in 2022 to provide Medical Nutrition Therapy to patients and clients in the South Bend area.