


Nourish Your Health at Every Age

Free Nutrition Presentation for Older Adults

 **Date:** August 15, 2025

 **Time:** 2:00 pm



 **Location:** Chickasaw 1st Floor Community Room

Join Us for a Free, Fun & Informative Session!


Discover how good nutrition can help you stay strong, energized, and independent at every stage of life.

What You'll Learn:

- How aging changes your nutritional needs
 - The top nutrients for healthy aging
 - What to eat more of—and what to limit
 - Practical, affordable grocery tips
 - Sample meal ideas tailored for seniors
 - Your questions answered!
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  **Presented by:** Kim Cumbo, UT Extension FCS Agent

 Based on the Dietary Guidelines for Americans (2020–2025)

 For More Information Visit www.myplate.com