

What you eat, shapes *how you age.*

Led by certified nutrition educators, built specifically for older adults who want to age with clarity, strength, & purpose. **CARE's Nutrition Workshops** teach you how to eat to prevent disease, reduce inflammation, & feel more energized.



What You'll Learn

- Nutrition & Disease Prevention
- How to Boost Energy
- Support Overall Vitality
- How to Read Nutrition Labels
- Simple, Anti-Inflammatory Meal Recipes
- Common Barriers to Healthy Eating

Why it Matters

Good nutrition is **key to healthy aging**. Learning more about nutrition helps you understand what to eat more of and what to limit, to support your body through every stage of life. Whole foods improve energy, reduce inflammation, and nourish your health, even with dietary restrictions or limited resources.



care CENTER FOR
AGING RESOURCES
AND ENRICHMENT

Scan the QR code using
your phone camera
to learn more.



Meet our *instructors*.

Our team at CARE has seen firsthand how the right support can change the way someone feels physically, emotionally, and spiritually. That's why we've built this **Nutrition Workshop** program with heart and expertise, making sure every meal becomes a step toward strength, comfort, and connection.



Meghan Winje

Senior Nutrition Specialist

Meghan started her journey studying holistic nutrition for her own health, but then recognized that nutrition resources are often lacking to older adults. After that, nutrition for adults became **her purpose**.

By the Numbers

40%+

of adults over 65 experience chronic depression

10%

higher mortality risk in adults eating ultra-processed foods



CAREatLeMoyne.com

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