



# Nutrition Tips for Aging Well

Thursday, November 14, 2024 | 6 p.m.

Location: Zoom Meeting



Join **MINDY KOMOSINSKY**, registered dietitian/nutritionist and certified diabetes care and education specialist, to learn ways to build solid nutrition habits that can pave the way for a healthier brain and body as you age. Topics include nutrition for maintaining cognitive health, promoting strong bones, preserving muscle mass, and preventing or managing some chronic conditions.

This event will be taking place virtually using Zoom. Register online at [capitalhealth.org/events](https://capitalhealth.org/events) and be sure to include your email address. Zoom meeting details will be provided via email 2–3 days before the program date. Registration ends 24 hours before the program date.



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