

HEALING WITH NUTRITION



EXTENSION
College of Agriculture,
Biotechnology & Natural Resources



Senior Center

911 Beverly Drive
Carson City

Living with chronic conditions can be challenging, but you don't have to do it alone.

Join the free Healing with Nutrition workshop series to learn practical, healthy food choices.

Program Highlights

- Quick label reading & recipe tips
- Simple demos on body systems
- Quizzes, prizes, and activities
- Practical lifelong health strategies
- Free recipes and fact sheets

For more information, contact:

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FREE

October - November

Tuesdays: 10:00 - 11:30 am

PROGRAM

A 6-session program designed to help prevent and manage chronic diseases with food and lifestyle!

October 6: Fiber Nutrition

October 13: Mediterranean Diet

October 20: Watch your Salt

October 27: Fuel your Brain

November 3: Functional Foods

November 10: Move for Health

Wrap-up & Feedback – Review, reflect, and celebrate your success!

An EEO/AA Institution: Extension is a unit of the University of Nevada, Reno's College of Agriculture, Biotechnology & Natural Resources engaged in Nevada communities, presenting research-based knowledge to address critical community needs. It is a county-state-federal partnership providing practical education to people, businesses and communities.

Persons in need of special accommodations or assistance should contact Paul Lessick, civil rights and compliance coordinator, at plessick@unr.edu or 702-257-5577 at least five days prior to the scheduled event with their needs or for more information.