

# NUTRITION AND WELLNESS

Please note: If you (or someone you know) are running out of food and don't have the means to purchase more, please contact the Bureau of Aging and Disabilities at 410-386-3800. We have a limited number of Emergency Meal Kits on hand that we would love to give to those in need!

## Carroll County Senior and Community Centers Virtual Nutrition Classes

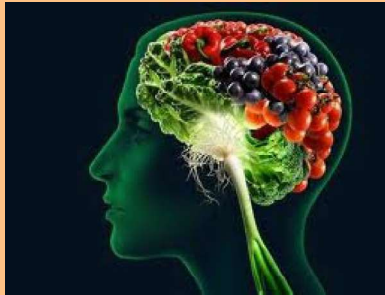
\*These classes are for persons 60+ only\*

Join Registered Dietitian Nutritionist, Laura Lienhard, to learn about nutrition and your health. Email Laura at [seniorcenterdietitian@gmail.com](mailto:seniorcenterdietitian@gmail.com) for more information.

October's topic is:

### Food for Thought: The MIND Diet

Learn what foods are good for protecting and nourishing the brain. Learn what foods to eat (and foods to avoid) to slow brain aging and reduce the risk of Alzheimer's disease.



**Wednesday, October 21<sup>st</sup> at 2 pm**

To attend the class, click on the link below or enter the meeting ID and password in the Zoom app.

<https://us02web.zoom.us/j/6552018824?pwd=RIZmY0ZDcjZVODh3SGVHL2NUcDExUT09>

Meeting ID: 655 201 8824

Passcode: Food

Additional topics are available on the **Table Talk** blog. Please visit <https://seniorcenterdietitian.wordpress.com/> to read articles about **foods and immunity, foods for eye health, and cooking for one.**