

# 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.

### January's topic is: Keeping Up Good Behaviors

Whether you are trying to maintain healthful behaviors during the pandemic, or start new ones for the new year, this class is for you. Learn how to keep up your good habits and develop new ones to meet your health goals.



**Wednesday, January 20<sup>th</sup> at 2 pm**

To attend the class, click on the link: <https://us02web.zoom.us/j/82968712213>

Or enter the Meeting ID: 829 6871 2213 in the Zoom app.

Additional topics are available on the **Table Talk** blog.

Please visit <https://seniorcenterdietitian.wordpress.com/> to read about:

**The MIND Diet**

**What to eat if you take Warfarin**

**Cooking for One or Two (including menu ideas and recipes)**

**Foods for eye health**

**Foods for immune health.**