

Stepping Up Your Nutrition



Did You Know? Malnutrition can cause muscle loss and dizziness and increase your risk of falls.

You may be at risk if you are: losing weight without dieting, not getting enough to eat, losing muscle strength, have two or more chronic conditions, or not drinking enough fluids.

Join us for a 2-hour virtual workshop to learn:

- How nutrition affects falls
- Why muscle matters
- How to get enough protein and fluid
- What you can do to eat better and improve your health

Identifying malnutrition risk among older adults is important.

- 1-in-2 older adults may be at risk for Malnutrition
- Annual costs for disease-associated malnutrition are estimated at \$51.3 billion
- Although prevalent, malnutrition often goes unrecognized

Monday, March 14: 1:30-3:30 p.m.
Online via Zoom; Cost: FREE

Facilitator: Shannon Gabriel, RDN, CD
Registered Dietitian Nutritionist & Healthy Aging Coordinator
Area Agency on Aging of Dane County

To Register Contact: Shannon at 608-261-5678
or Gabriel.Shannon@countyofdane.com