



Temple Israel Reform Congregation
Avis Foundation & Adult Learners

Nutrition and Healthy Aging Seminar

with Board Certified Holistic Nutritionist

Quynh Nguyen

Although aging is an inevitable part of life, many of us want to hold onto our youthfulness as long as possible. We can't stop the biological aging clock, but we can make dietary and lifestyle changes to slow certain aging processes and reduce the risk of disease. By choosing a variety of nutrient-dense foods and food groups, we can support healthy aging.

What are the nutrients and supplements the body needs to slow the effects of aging? This lecture will cover what those nutrients are, along with some recommendations for vitamin supplementation to make sure your body is getting enough of its essential nutrients.

Presented Via Zoom on
Tuesday, November 7th at 7:30 PM

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