

Free Education Class: Nutrition For Older Adults

Presented by a BJC Registered Dietician

Join Us:

Tuesday, Oct 6, 1:00- 2:00 pm

This session focuses on the importance of:

- ✓ Optimizing health through a balanced diet focusing on nutrients
- ✓ Cooking for 1-2 People
- ✓ Healthy Snacks



Registration required: [REGISTER](#)

Open to adult friends and family.

BJC HealthCare
Barnes-Jewish St. Peters Hospital
Progress West Hospital