

Free Nutrition Counseling For Seniors



LET US HELP YOU MAKE HEALTHIER CHOICES

Do you have questions about nutrition and healthy eating? United Way Area Agency on Aging offers FREE NUTRITION COUNSELING!

One-on-one sessions are available with our registered dietitian nutritionist in person or by phone or video. We can help with a variety of nutrition and health topics such as:

- Healthy Eating & Meal Planning
- Weight Loss & Weight Gain
- Heart Health
- Blood Pressure
- Diabetes Management
- Nutritious Snacks
- Meals on a Budget



United Way
**Area Agency
on Aging**
of Jefferson County

A HEALTHIER DIET FOR A HEALTHIER YOU!

As an important addition to the Area Agency on Aging's Senior Nutrition Program, our FREE nutrition counseling is helping seniors across Jefferson County live healthier and feel better.

Maybe you'd like to lose weight, have more energy, build stronger bones, lower your cholesterol or just feel better about the choices you make. Whatever your situation or goals, our nutritionist is here to help. We'll work with you, one-on-one in private, to put you on the path to healthier, enjoyable eating.

It's never too late to make your diet great!

YOU QUALIFY IF...

- You are age 60 or older AND
- You are resident of Jefferson County AND
- You have your doctor's approval.



If you currently attend a senior center, talk to your senior center manager to get the process started.

OR CALL

1-800-AGE-LINE

and ask for nutrition counseling.

uwaaa.org/greatdiet



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