



What we eat: Nutrition as the foundation to healthy aging

Public Talk



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Good nutrition is essential to aging well. Much of the malnutrition that occurs in long-term care is preventable, attributed to the eating environment, food quality and the ability to access food. Join Heather Keller, a leader in research on nutrition and aging, as she shares her views on these issues and how we can provide a better foundation to healthy aging.

All are welcome to attend this free public event, which will include an opportunity for audience questions.

Can't attend in-person? Join us online via live web stream at www.itshappeningrightnow.com/mcmasteroptimalagingevents

Thursday
January 22, 2015

7:00 – 8:30 p.m.

McMaster Innovation Park
175 Longwood Rd. South
Hamilton, L8P 0A1
(Free event parking)