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Nutrition for Healthy Aging

Date and Time

Tuesday 3/27/2018 1:00 to 3:00pm

Event Region

Richmond Area

Event Type

Community event

RSVP Info

(804) 501-5965 or tur060@henrico.us

Event Cost

\$0.00

Event Description

In celebration of National Nutrition Month, EngAGE has partnered with CareMore's Registered dietitian to explore healthy and delicious meal options for aging adults. The event will also include a food demonstration.