

Lunch & Learn: Malnutrition in Later Life

Nutrition in later life can be complicated by changes in appetite, mobility or medications. Yet, adequate nutrition is key to maintaining physical and mental capacity as we age. Join experts from **Elder Services of Cape Cod and the Islands** for a "Lunch & Learn" to brush up on the basics and catch up on the most recent research on senior nutrition.

5 Dates and Locations

Nantucket Saltmarsh Senior Center on May 20 at 11a.m.

To reserve a seat call: **508-228-4647**

Mashpee Senior Center on May 21 at 11a.m.

To reserve a seat call: **508-477-0910**

Barnstable Adult Community Center on May 22 at 11a.m.

To reserve a seat call: **508-790-2746**

Brewster Council on Aging on May 28 at 11:30 a.m.

To reserve a seat call: **508-896-5070**

Yarmouth Senior Center on May 29 at 11a.m.

To reserve a seat call: **508-398-5060**



Elder Services
of Cape Cod and the Islands