

## **Embracing Change:**

FOSTERING A HEALTHY LIFE STYLE:  
CURRENT RESEARCH ON NUTRITION AND AGING

**Wednesday, November 6th, 2:00 – 3:30 pm**

**Ashby Village**



- Are you confused by conflicting dietary recommendations?
- Are you experiencing minor or major symptoms of disease and want to slow this process?
- To what extent can we control our health and independence as we age through nutrition and lifestyle?

Celeste Burrows, Certified Nutrition Consultant, and Ashby Village Member will be talking about the current research on the use of nutrition and lifestyle changes that can possibly contribute to prevent, delay and/or reverse chronic ailments.

**RSVP: [info@ashbyvillage.org](mailto:info@ashbyvillage.org) or 510-204-9200**