



Healthy Ageing and a Healthy Diet

In this presentation we 'll look at what's a healthy diet in our senior years.

We know nutrition plays an essential role in health but what does a healthy diet look like when it comes to ageing?

Join us in this one-hour presentation where we'll take a look at nutrition and ageing and what we should be eating as an older adult according to the science.

Speaker: Desiree Pule, Certified Health Coach

Date: 26th July 2023

Time: 10h30

Place: Large TV Area