



# Eat Right For Healthy Aging

**Manage  
Chronic  
Conditions**

**Get  
Recipes &  
Tips!**

## **A Plant Based Diet Increases Mental Acuity & Prevents Inflammation**

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This engaging workshop breaks away from the same old recipes, offering fresh, flavorful, and nutritious options, formulated to meet the needs of older adults.

Perfect for anyone looking to improve their well-being, increase energy, and explore plant-based options that are exciting and promote a vibrant, healthy lifestyle.

