

# ENHANCING MEALTIME & NUTRITION

## MAKING HEALTHY CHOICES



### VIRTUAL PROGRAM

**MARCH 4 | 11 A.M. - NOON**

Making healthy choices when we are planning our meals is one way for us to keep our brain healthy and active. When someone has been diagnosed with dementia, mealtimes can be challenging. Join us to gain an understanding of how dementia can impact eating and drinking, the importance of good nutrition for someone living with dementia, and learn tips to promote good nutrition.

The program is free, open to public and meets the requirements of Virginia DSS-Approved Professional Training. Certificates of attendance will be offered.

PLEASE REGISTER BY CLICK [HERE](#) OR CALL 800.272.3900.  
LOGIN INFORMATION WILL BE SENT TO YOU FOLLOWING REGISTRATION.