

# Unlock the Power of Nutrition for Healthy Aging



Are you ready to take charge of your health and vitality as you age? Join us for an exciting webinar that dives into the essential vitamins and minerals older adults need to feel their best. Discover how small changes to your nutrition can make a big impact on your energy, immunity, and overall well-being!

We'll explore the must-haves for healthy aging, like Vitamin D for strong bones, B12 for a sharp mind, and magnesium and potassium to keep your heart happy. Plus, we'll share practical tips on incorporating nutrient-rich foods into your meals and discuss when supplements might come in handy. Join us!



Speaker: Pam VanKampen  
Registered Dietitian  
Nutritionist (RDN)  
GWAAR

**March 26**  
**11-12pm**  
**Free Webinar**

[Register Here](#)