

EAT WELL, AGE WELL: IN-PERSON SESSION



Presented by Olla Al-Kaisi,
Registered Nutritionist
OKC Weight Management

Wednesday, June 25, 2025 | 10 a.m. – 12 p.m.

Join us for a fun and informative session on how nutrition can help you stay active, strong, and healthy. Discover practical ways to improve your eating habits and build a healthy lifestyle at any age:

- Easy nutrition tips tailored for seniors
- How to read food labels with confidence
- Planning quick and nutritious meals
- Sample healthy snacks to try

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