



REMINDER: SENIOR CENTER

Tuesday, August 18th

10:30 a.m. in the Dining Room

**Leah McGrath, RD, LDN from Ingles Markets will
be at the Senior Center**

Leah McGrath, RD, LDN is the corporate dietitian for Ingles Markets and host of “Ask Leah”! She will be at the Center to talk about “*What is New at Ingles*” **with opportunities to SAMPLE and talk about nutrition and cost.** For adults over 50, the benefits of healthy eating include increased mental acuteness, resistance to illness and disease, higher energy levels, faster recuperation times, and better management of the chronic health problems. As we age, eating can also be the key to a positive outlook and staying emotionally balanced. Healthy eating doesn't have to be about “dieting and sacrifice”, but about fresh, colorful foods, creativity in the kitchen, and eating with friends. A proper diet reduces the risk of heart disease, stroke, high blood pressure, type 2 diabetes, bone loss, cancer, and anemia.

**So invite a friend and be here for this
informative talk and FREE SAMPLES!!**