



Diet & Nutrition After 60

with Mr. Nodarse, RDN

Take charge of your health. Join us at East Ridge Village for a special Diet & Nutrition After 60 Presentation by Reniel Nodarse, RDN, an esteemed Registered Dietitian at Encompass Health.

Reniel will share valuable insights tailored to the unique nutritional needs of adults over 60, helping you understand how your body changes with age and how diet can support your health. You'll learn which foods to enjoy more often and which to limit, all based on the latest research in senior wellness. This engaging and supportive session is designed to empower you to feel your best and stay active through simple, sustainable food choices.

Speaker: Reniel Nodarse, RDN
Registered Dietitian at Encompass Health
Tuesday, September 9 |
11 a.m. – 12:30 p.m.
East Ridge Village
19301 SW 87th Avenue | Cutler Bay

RSVP to reserve your seat.
305-256-3564 Space is limited.
Call today!

An RSVP is required and must be confirmed in order to attend.
Brunch will be served!



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