



Office for the Aging

6085 State Route 19N
Belmont, NY 14813
Ph: 585-268-9390
Ph: 866-268-9390
FAX: 585-268-9657

FOR IMMEDIATE RELEASE
DATE: January 23, 2024

CONTACT: Crystal Malota
PHONE: 585-268-9390

Allegany County Office for the Aging is excited to announce a monthly "Facebook Live" series focusing on nutrition and healthier living tips for older adults. This educational series will be presented by a Registered Dietician and will provide a fun and interactive way to learn. Join us at the Allegany County Office for the Aging Facebook page on the 4th Thursday of every month at 1:00 p.m. for nutritional tips, tricks, and ideas!

January 25, 2024, at 1:00 p.m. - Processed Foods: A Closer Look - Join our Registered Dietitian Nutritionist as she takes a dive into the abundance of processed foods on the market. Learn how to make healthier choices while enjoying the conveniences of processed foods.

<https://www.facebook.com/events/317359961304835/>

February 22, 2024, at 1:00 p.m. - HTN: Understanding a Silent Killer - February is National Heart Month. Join our Registered Dietitian Nutritionist as she explores the nutritional approaches to having a healthy heart.

<https://www.facebook.com/events/413229451053412/>

March 28, 2024, at 1:00 p.m. - National Nutrition Month "Beyond the Table" – A nutrition education and information campaign sponsored annually by the Academy of Nutrition and Dietetics, National Nutrition Month®, held annually in March, focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. Join us as our Registered Dietitian Nutritionist explores the theme of "Beyond the Table".

<https://www.facebook.com/events/1425152064747193/>

Participants are encouraged to ask questions, give input, and offer suggestions for additional sessions with our Registered Dietician!