



**Office for the Aging**

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

**Allegany County Press Release**

**FOR IMMEDIATE RELEASE**  
**DATE: September 6, 2022**

**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 4<sup>th</sup> Thursday of every month (with the exception of November) at 1:00 p.m. for nutritional tips, tricks, and ideas!

**October 27, 2022, at 1:00 p.m. - Healthy Bones (skeleton)-** The Office for the Aging's Registered Dietitian will discuss the importance of calcium and Vitamin D in our diet and how it helps to aide in healthy bones! <https://www.facebook.com/events/747967689638542/>

**November 17, 2022, at 1:00 p.m. - Diabetes-** Let's talk about carbs! Our Registered Dietitian will discuss the important role nutrition plays in diabetes management. She will debunk some common food myths related to diabetes and give some healthy strategies on how to help manage your diabetes with the foods you eat. <https://www.facebook.com/events/453175976797860/>

**December 29, 2022, at 1:00 p.m. - Meal planning-** Does meal planning matter? **YES** – is the short answer. Join us as our registered dietitian discusses how to and why to take the time to meal plan. She will give you some of her favorite tips and tricks to keep things nutritious and on a budget. <https://www.facebook.com/events/856844228587154/>

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

###

