

United Methodist Village
presents

SmartMoves Healthy Learning Lectures

Nutrition

presented by Janelle Wenstrup

Food provides us with the energy and nutrients you need to be healthy. Nutrients include proteins, carbohydrates, fats, vitamins, minerals, and water. Recent studies show that a healthy diet as an adult and during later years reduces your risk of osteoporosis, high blood pressure, heart disease, and certain cancers. If you would like to learn more about proper nutrition please come to our lecture on Tuesday, January 16th at 10am in the chapel.

Date: Tuesday, January 16th
Time: 10:00 am
Location: Chapel

**For more information, contact
Janelle Wenstrup at 574.780.1924**



Program managed by: