



EAT WELL: Simple Nutrition Strategies for Healthy Aging

Wednesday, May 13

10:00 to 11:30 AM

Johnson County Health & Human Services, Room 203
(855 S. Dubuque St, Iowa City)

Join us for a practical, engaging discussion led by **registered dietitian Susie Roberts, RDN, LD**, who will focus on how everyday nutrition can support strength, energy, and overall wellness as we age.



**Livable Community
for Successful Aging**



JOHNSON COUNTY
WELLNESS
supporting healthy lifestyles