



EATING FOR AGING COMPLIMENTARY EDUCATIONAL SERIES

This complimentary series is offered by Nicole Ciruolo, RD LDN of [Soul Healthy Care](#), part of Beverly Athletic Club

Maintaining Muscle

January 6, 2022 - 1:00 pm

Learn how aging affects our muscles and the ways we can optimize diet and lifestyle to maintain them as we get older. Discover the answers to common myths about protein intake and the benefits to maintaining our muscles (beyond just looking good)!

Nutrition for Heart Health

February 3, 2022 - 1:00 pm

Learn the elements of a heart healthy diet - it's for everyone! The skinny on fats, good and bad and how they affect your blood test numbers. The truth about salt, where it's hiding, how it affects the heart and how to keep it in check without sacrificing taste.

Weight Management

March 3, 2022 - 1:00 pm

The biology behind weight changes and aging, how to discover your ideal body weight and why a healthy weight is more than just a number. Also, some behavioral tips & tricks for maintaining a balanced, healthy diet.

Preserving Bone Health

April 7, 2022 - 1:00 pm

What happens to our bones as we age? Learn how to protect bone health long after bone building stops with simple dietary and lifestyle changes.

Healthy Eating Made Easy

May 5, 2022 - 1:00 pm

Say goodbye to TV dinners! Learn how to become a savvy grocery shopper, how to save time and effort in the kitchen and how to make cost-effective, make ahead meals that are healthy and uncomplicated. Discover more about supplements... when to use them and how to choose the right ones for you.

Psychology of Food and Aging

June 2, 2022 - 1:00 pm

The reasons behind changing appetites, mood, and how social interaction can help support a healthier diet. Also, tips on how to create safe socially connected meals in an age of "social distancing."

FOR MORE INFORMATION ON THIS COMPLIMENTARY EDUCATION SERIES, PLEASE EMAIL
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If you have **RENEW ACTIVE** by United Healthcare, you could have a **FREE** membership to **BAC**. Email: ms@beverlyathletic.com for more details.

BEVERLY ATHLETIC CLUB

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