

## PARKS AND RECREATION DIVISION

### FOR IMMEDIATE RELEASE

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### Grinnell Hall Holding a Nutrition Class

November 2, 2021 - Grinnell Hall Senior Center is hosting a free “Stepping Up Your Nutrition Workshop” in partnership with the Rock County Council on Aging from 1-3:30 p.m. Wednesday, November 10.

This class is designed to help you understand the connection between nutrition and preventing falls. Topics will include:

- How to plan a strength-building diet
- Muscle-loss with age
- Important role of fluids in our diet
- And more...

The class is led by Amy Karas, a Registered Dietician. Open to the public. Please call Grinnell Hall at 608-364-2875 to reserve your spot. Face coverings are required in all City of Beloit buildings.

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