

## PARKS AND RECREATION DIVISION

### FOR IMMEDIATE RELEASE

For more information contact:

Debbie Kraus, Senior Center Manager

608-364-2875

[krausd@beloitwi.gov](mailto:krausd@beloitwi.gov)

**July 27, 2022** -- Grinnell Hall Senior Center is working Aging and Disability Resource Center (ADRC) of Rock County to host a “Stepping Up Your Nutrition” presentation on Monday, August 8 from 9:30am-12:30pm.

This class is designed to help you understand the connection between nutrition and preventing falls. We will take a break during the class. The class is led by Amy Karas, a registered dietician.

Topics that will be discussed:

- Are You At Nutritional Risk?
- What Is Malnutrition
- The Connection Between Nutrition And Falls
- Muscle Loss With Age
- Protein In Food/How Much Do You Need
- Label Reading For Protein
- Important Role Of Fluids In Our Diet
- How to Plan A Strength Building Diet
- Learning Your Personal Nutrition Risk Score.

The presentation is free and open to anyone no matter your residency. Please call Grinnell Hall to make your reservation 608-364-2875. Grinnell Hall is located at 631 Bluff St. Beloit, WI.

###