

“Nutrition Essentials for Seniors”

An Educational Workshop

The Latest Scientific and Practical Information
for Health & Wellness

with Richard Goldberg, Ph.D

Holistic Nutritionist/Writer/Researcher

- ▶ 15 Most Common Health Concerns for Seniors
- ▶ Secrets to Healthy Aging
- ▶ Healthiest Diet for Seniors
- ▶ Latest Nutritional Studies on Aging
- ▶ Mediterranean Diet and Improved Cognitive Function
- ▶ Health Benefits of Coffee for Cognition
- ▶ Magnesium: The Anti-Aging Miracle
- ▶ Common Vitamin Deficiencies in Seniors
- ▶ Most Important Supplements for Seniors
- ▶ Increasing Energy & Enhancing Mood with Herbs
- ▶ Natural Alternatives to Prescription Drugs
- ▶ Anti-aging Skin Care Secrets, *and more...*

Get your questions answered in the Q&A Session

★ Saturday, August 3, 1:00-3:30pm ★

“The Mill” Community Hall
Monteville Senior Community
552 Bean Creek Rd
Scotts Valley

minimum \$2 donation
requested
“Gourmet HEALTHY”
Refreshments Provided

RSVP to Maxine at (831) 600-8440 by July 29th
sponsored by Scotts Valley Senior Life Association



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