

This is a FREE Webinar for Seniors Active Living Centres, OACAO Members staff, older adult members and volunteers. Participation can be virtual (with live multilingual captioning) or by telephone.

# OACAO 2026 WEBINARS CAPACITY BUILDING



## NOURISH TO FLOURISH HOW NUTRITION SUPPORTS HEALTHY AGING

Healthy eating plays an important role in helping older adults remain healthy and independent. But maintaining good nutrition can become more challenging with age.

Join us on **September 15 at 1:30 pm** for an informative and practical webinar exploring how nutrition supports healthy aging.

### Workshop Objectives:

Summerville Family Health Team Registered Dietitians Haneen Youssef & Christabel Menezes will:

- Share simple, realistic strategies to help older adults nourish their bodies and feel their best, and
- Explore how to handle cravings, prevent malnutrition, and build simple habits to help you feel your best.

*Whether you're an older adult, care partner, or family member, this webinar will provide helpful tips and guidance to support healthy aging through nutrition.*




Please Register in Advance

<https://oacao.wildapricot.org/event-6711820>



For more information contact the OACAO

 **905-584-8125 or  
Toll Free 1-866-835-7693**

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Older Adult Centres' Association of Ontario  
Association des centres pour aînés de l'Ontario

**OACAO**  
The Voice of Older Adult Centres  
La voix des centres pour aînés

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