

Nutrition Education Schedule- 2025

Meals on Wheels

January- Nutrition & Your Eyes

February- Choose Healthy Fats

March- SeniorsPlus Spring Newsletter

April- Physical Activity

May- Calcium & VitaminD

June- SeniorsPlus Summer Newsletter

July- Vitamin B12

August- Eat the Rainbow; Antioxidants

September- SeniorsPlus Fall Newsletter

October- Facts on Fiber

November- Eating Through the Holiday Season

December- SeniorsPlus Winter Newsletter