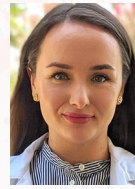




# Eating Well, Aging Well

Prevent Health Problems As You Age



March is National Nutrition Month. The time is right for everyone to eat well and stay healthy. Join us for a virtual talk with Emily Rhodes, Registered Dietitian from Methodist Hospital and learn how to make informed food choices, develop healthy eating habits, and consult with your health provider about diet. Get answers to your nutritional questions!

**Wednesday**  
**March 23**  
**12 - 1 p.m.**

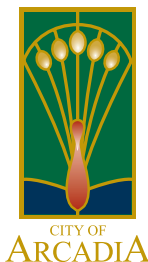
Methodist Hospital and City of Arcadia Recreation and Community Services will sponsor this virtual lecture.

For more information and registration questions, please call Arcadia Senior Services at 626-575-5130.

For future lectures, go to our website at [www.methodisthospital.org/commoutreach](http://www.methodisthospital.org/commoutreach).

**Free Physician Referral**  
**888.388.2838**  
[www.methodisthospital.org/findadoc](http://www.methodisthospital.org/findadoc)

 **Methodist Hospital**



## THREE WAYS TO JOIN:

### Zoom webinar

To join via Zoom, register at [www.methodisthospital.org/healthtalk](http://www.methodisthospital.org/healthtalk)

### By phone

Dial: 1-877-853-5257  
Webinar ID: 975 5139 3315  
Passcode: 84685170

### Facebook live

Watch live on Methodist Hospital Facebook page at [www.facebook.com/methodisthospitalSC](http://www.facebook.com/methodisthospitalSC)