



# Food and You: What's Aging Got To Do With It?

*Our bodies need different foods and nutrients to function optimally as we age. Learn tips for adapting your diet as your metabolism, taste buds and digestion change.*

**Thursday, March 29th**

**9:30 AM**

**Frankfort Township**

**11000 W. Lincoln Hwy, Frankfort**

**Reserve your spot now!**

**Call Jodi at (815) 806-2766**

**Brought to you by the  
Frankfort Township Board  
and Humana**