

CELEBRATING NATIONAL NUTRITION MONTH:

Eat Well to Be Well: Supporting Nutrition and Ease at Mealtime When Caring for a Family Member with Memory Loss



Good nutrition is important for all of us!

As a caregiver, you may face challenges in helping your loved one at mealtime, especially as the disease progresses. It may also be harder for you to get the nutrition you need due to stress and increase of responsibility. This interactive presentation will provide suggestions for caregivers on healthy eating for YOU as well as how to support your loved one in getting the nutrition they need. Information on how diet can help support brain health and tips for eating well for stress management will also be reviewed. Join us for this interactive session through your computer or phone.

FOR MORE INFORMATION:

Contact **Mary Catherine Lundquist** at lundqumc@ubhc.rutgers.edu or call Care2Caregivers at **800.424.2494**

March 13, 2025 | 1:00-2:00 pm

Click [HERE](#) to register.

After registering, you will receive a confirmation email containing information about joining the meeting.