

Nutrition for Healthy Aging

with Ellen Kamhi PhD RN.

Wednesday, June 26 at 2:00 p.m.



Aging gracefully, or healthy aging, includes slowing down the signs and symptoms that occur as people get older. The best way to do this is to eat small meals of mostly organic vegetables and small amounts of high quality protein, drink clean water, and include moderate exercise and stress reduction techniques in your daily routine. Particular herbs and supplements can also be useful, such as alph-lipoic acid, rhodiola, resveratrol, ginseng and carnosine. Join Ellen Kamhi PhD RN, www.naturalnurse.com, to review and reflect on how to incorporate healthy aging strategies into your lifestyle choices.

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