



FOR IMMEDIATE RELEASE

February 26, 2021

CONTACT: Melissa Nichols, 908-684-5006

Heath Village Hosts Virtual Senior Seminar
Naturally Nutritious

Washington Township, Morris County – In recognition of National Nutrition Month, members of the public are invited to join Heath Village residents on Tuesday, March 23, 2021 at 11:00 a.m. for a virtual presentation, *Naturally Nutritious*, featuring Heath Village dietitians Maria Guerra and Gabby Knors.

Ms. Guerra and Ms. Knors will present information on the importance of nutrients, and hydration for older adults. They will also discuss suggestions for meal planning and how to get the most out of your meal. While you may think you have heard it all before, it may be just the right time for some healthy reminders and some new recipes!

RSVP is required. Please call 908-684-5006 to make a reservation. Upon registration, attendees will receive instructions for joining the Zoom call.

Heath Village is a full-service retirement community located at 430 Schooley's Mountain Road in Washington Township, Morris County. For further information, please call 908-852-4801 or visit us on our website at www.heathvillage.com or on Facebook at www.facebook.com/heathvillage.

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