



Coastline Presents...

NUTRITION CHECK-UP EVENTS



What is Malnutrition?

Malnutrition is an imbalance between the nutrients your body needs to function and the nutrients it gets. It can mean undernutrition or overnutrition. 1 out of 2 older adults are at risk for malnutrition.

Why It Matters

- Weakened immune system
- Poor wound healing
- Increased risk of hospitalization
- Vitamin deficiencies
- Reduced GI function
- Increased risk of death

Events

Coastline will be hosting several check-up events, where you can learn more about malnutrition and how to reduce your risk.

Fairhaven Senior Center

- May 20th @ 12pm

Tripp Towers, New Bedford

- May 21st @ 12:30pm

Rochester Senior Center

- May 22nd @ 11am

Acushnet Senior Center

- May 29th @ 12pm

Dartmouth Senior Center

- May 30th @ 1pm

