



## Did You Know?

Malnutrition can cause muscle loss and dizziness and increase your risk of falls.

If you have two or more chronic conditions, you may be at risk of malnutrition.

**You May Be At Risk If You Are** Losing weight without dieting, Not getting enough to eat, Losing muscle strength, or Not drinking enough fluids.

## JOIN US FOR A *STEPPING UP YOUR NUTRITION* WORKSHOP TO LEARN

- How nutrition affects falls
- Why muscle matters
- How to get enough protein and fluid
- What you can do to eat better and improve your health

Come to the *Stepping Up Your Nutrition* workshop at Wed March 23rd @ 1:00– 3:00 PM. High protein snacks will be served as part of the program.