



## 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 on Tuesday July 19th from 12:30 pm to 3:00 pm at the Augusta Senior and Community Center.