

AGING



● Highlight ●

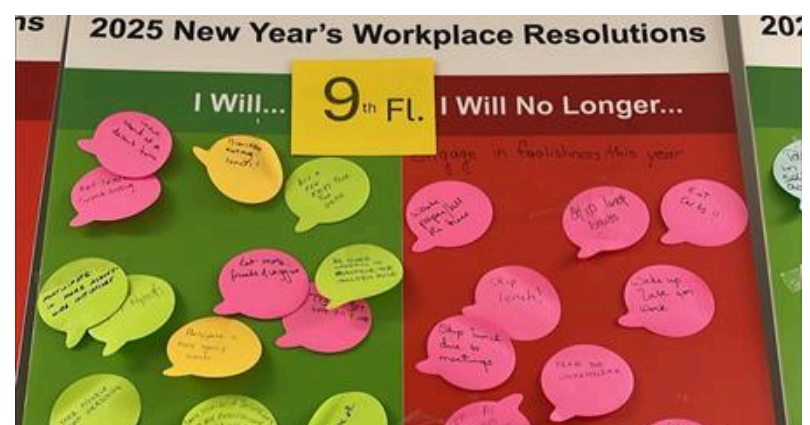
In honor of National Nutrition Month, NYC Aging's WE CAN Wellness Planning & Coordinating Workgroup hosted two engaging Lunch & Learn sessions that brought employees together for a lively exploration of global cuisine.

Led by Aging's Nutritionists, the in-person discussions showcased diverse and delicious foods from all around the world. Attendees celebrated culture and nutrition, shared personal stories, and learned how food connects us all.

Also pictures: bake sale & New Year's resolutions



"Food connects people in surprisingly good ways."



Food Connects Us

The event was a joyful and enriching experience that blended education, storytelling, and community over a shared love of good food.

