

Healthy Eating for Older Adults (English) – Free Webinar



Tuesday, March 24,
2026

10 to 11 a.m.

Join us on Microsoft Teams for a free webinar!

To help celebrate National Nutrition Month, the NYC Department of Health and Mental Hygiene will hold an educational webinar on the basics of healthy eating for older adults.

Information will include changes in our bodies as we age, older adults and chronic disease, strategies for healthy eating, and resources participants can access for learning materials and community food programs. The session will include time for questions.

To join the webinar, visit bit.ly/healthy-eating-older-adults. No registration is needed. Just join by clicking the link above.

Meeting ID: 253 058 985 769 42
Passcode: Fj35dJ3U



For more information or to request an accommodation, email healthyyaging@health.nyc.gov.

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