



How many servings of fruits and vegetables should I eat in a day? Am I eating too much? Or not enough? As we age, the amount of nutrients our bodies need changes, but how much food is enough to meet those needs?

Listen to Kelly Satori RD, CD talk about portion sizes, nutrient dense foods, and eating to meet our needs.

Chilton City Hall

42 School Street, Chilton

**Thursday: September 30 presentation 11:15am–
meal 11:30am**

Brillion Community Center,

120 Center Street, Brillion

**Wednesday: October 6 presentation 11:15am–
meal 11:30am**

Stockbridge Village Hall

116 S. Military Road, Stockbridge

**Tuesday: October 12 presentation 10:45am–
meal 11:00am**

New Holstein Senior Center

1819 Park Avenue, New Holstein

**Thursday: October 21 presentation 11:15am–
meal 11:30am**

If you wish to attend a lunch and learn, call the ADRC at 920-849-1451 no later than noon the day before the presentation .

****Lunch and Learns are for those who are 60 years of age or older.**