



Felician Village

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FOR IMMEDIATE RELEASE

The Gardens at Felician Village hosts nutrition talk

MANITOWOC, Wis. (February 19, 2019) - Felician Village will host a free nutrition talk, “Healthy Eating as You Age”, on Monday, March 4 at 1 p.m. in the Glab Lounge at The Gardens, 1700 S. 18th Street, Manitowoc.

As we age, healthy eating can make a difference in our health, help to improve how we feel, and encourage a sense of well-being. Join presenter, Steven Seifert, University of Wisconsin Green Bay Dietetic Intern at Felician Village, as he discusses:

- Important nutrients as you age
- Importance of hydration
- Is a multivitamin necessary?

To register, call 920-684-7171, ext. 402 or email, ldaun@felicianvillage.org

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About Felician Village

Felician Village, a continuing care campus, has been providing housing and services for seniors through rehabilitation, independent living, assisted living and long-term care for more than 130 years. Felician Village is a Catholic organization that welcomes people from all faiths.

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