



**Community Care Lincoln**  
**Supporting our Community**

PURE  
and  
SIMPLE  
nutrition

# Eating to Stay Healthy in Your Golden Years

Presented by **Pip Meads** of Pure and Simple Nutrition

Pip will discuss evidence-based nutrition information that is simple and sustainable and provide healthy eating tips to help you stay strong and energized through the golden years.



**AT: Community Care Lincoln**

16 Lyttelton St, Lincoln (Behind the library)

**FROM: 6:30 to 7:30pm; Tuesday 12<sup>th</sup> March**

*Gold coin donation appreciated to support Community Care Lincoln*

**For more information or to pre-register:** Contact Community Care Lincoln on 325 2007 or  
[servicesdevelopment@lincolncomcare.co.nz](mailto:servicesdevelopment@lincolncomcare.co.nz)