

# news release

*Area 9 In-Home & Community Services  
Agency  
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765-966-1795 or 1-800-458-9345*

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FOR IMMEDIATE RELEASE

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*765-966-1795 or 1-800-458-9345*

## **AREA 9 CELEBRATES NUTRITION AWARENESS DAY**

Healthy nutrition choices are critical components to leading a healthy lifestyle, especially for older adults. Join the Area 9 In-Home and Community Services Agency on Friday, March 12<sup>th</sup>, as we celebrate Nutrition Awareness Day. Nutrition Awareness Day is part of Indiana's celebration of National Nutrition Month.

The information campaign is focusing on "Get out of the rut, try something new." Sample foods, taste testing and new serving options will be presented at the local Area 9 Neighborhood Meal Sites.

Indiana Family and Social Services Administration Division of Aging funds through the Older Americans Act and Area 9 staff administer the Senior Nutrition Program, a program that provides essential nutrition and support to older Hoosiers and their families. The program helps to maintain health, independence and quality of life for older adults so that they can continue to live in their own homes and communities through the assistance of Area 9 Neighborhood Meal Sites.

Let us help you get out of your rut, try something new, and attend an Area 9 Senior Center or Meal Site in your community for lunch.

For more information or to find the Neighborhood Meal Site nearest you, call Area 9 Agency at 765-966-1795 or 1-800-458-9345. Area 9 In-Home and Community Services Agency is a service of Indiana University East.