



The Tewksbury Cultural Council and The Tewksbury Council on Aging
Present

The Longevity Secrets of the Okinawans

A Fun and Informative Free Nutrition Presentation

Wednesday, June 10

9:30-10:45 p.m.

Tewksbury Senior Center, 175 Chandler Street, Tewksbury, MA

Discover the nutrition and lifestyle strategies that have helped the Okinawans enjoy the world's highest population of centenarians (those living at 100 years of age or older). Join registered dietitian Tricia Silverman as she shares healthy practices that can help you boost your health and perhaps add healthy happy years to your life!



Please RSVP to the Council on Aging by Monday, June 8 by calling 978-640-4480



This program is supported in part by a grant from the Tewksbury Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

Tricia Silverman, RD, LDN, MBA, is a Registered Dietitian and was named 2008 Recognized Young Dietitian of the Year by the Massachusetts Dietetic Association and 2008 Chapter Member of the Year by the National Speakers Association New England. She owns NuTricia's Lifestyles, a nutrition and wellness consulting firm in Massachusetts. She is a writer and speaker, and offers fun and informative group wellness presentations.

She teaches *Nutrition Entrepreneurship* and *Healthy Aging: Nutrition Strategies for Optimal Longevity* for Northeastern University. For more information on nutrition resources and programs, check out www.nutrilifestyles.com. Follow her on Twitter:





 @TriciaSilverman

