

Fighting Frailty

Wednesday, February 10th

at 1:30pm



Join nutrition and wellness specialist, Alice Kaufman as she teaches which foods deplete our muscles and bones and which foods nurture and help build strength.

Strength-building and stress-relieving exercises will be taught as well.

Alice Kaufman is a Nutrition and Wellness Specialist. She holds a Master's degree in Food and Nutrition Education from New York University; Certification in Health Counseling from the Integrative Nutrition Institute; Yoga Certification from Integral Yoga Institute; and Fitness Certification from Marymount College.