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September 24 at 9:58 AM ·

Did you know this week is Malnutrition Awareness Week™?

Are you worried that you or a loved one may be malnourished?

When your body isn't getting enough calories and the proper nutrients, there can be trouble ahead.

Malnutrition weakens the immune system, opens the door to infections, and delays healing. It can sap strength, increase the risk of falling, and diminish one's quality of life.

Visit www.nutritioncare.org/MAW today to learn more about what you can do to prevent malnutrition.



NUTRITIONCARE.ORG

ASPEN | Malnutrition Awareness Week™ September 24-28, 2018

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