



# NUTRITION

## ADVICE with CARMEN

Are **YOU** ready to get started on a **PATH** to **BETTER HEALTH** through **NUTRITION**?

Registered Dietitian, **CARMEN ROBERTS**, is available for **FREE NUTRITION CONSULTATIONS** via phone, video-conference or in-person to adults 60 years and older.

During your personal, 30-minute session, Carmen can answer questions about diet, nutrition, and the impact of food on your health, as well as address any other health or nutrition concerns.

#### POTENTIAL TOPICS TO DISCUSS:

- weight management
- diabetes
- cardiovascular disease
- food allergies
- healthy eating habits

Register by contacting your nearest 50+ Center for an **In-Person, Phone or Virtual Nutrition Consultation** today!  
[howardcountymd.gov/50pluscenters](http://howardcountymd.gov/50pluscenters)



**Carmen Roberts, MS, RD, LDN**, has been serving as the Consulting Nutritionist for the Howard County 50+ Centers since April 2018. She has 25 years of experience in nutritional counseling, education and writing, and has won several awards at the state and national level for her work as a dietitian.

Carmen enjoys teaching the local community about the role of nutrition in health, wellness and chronic disease prevention.



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