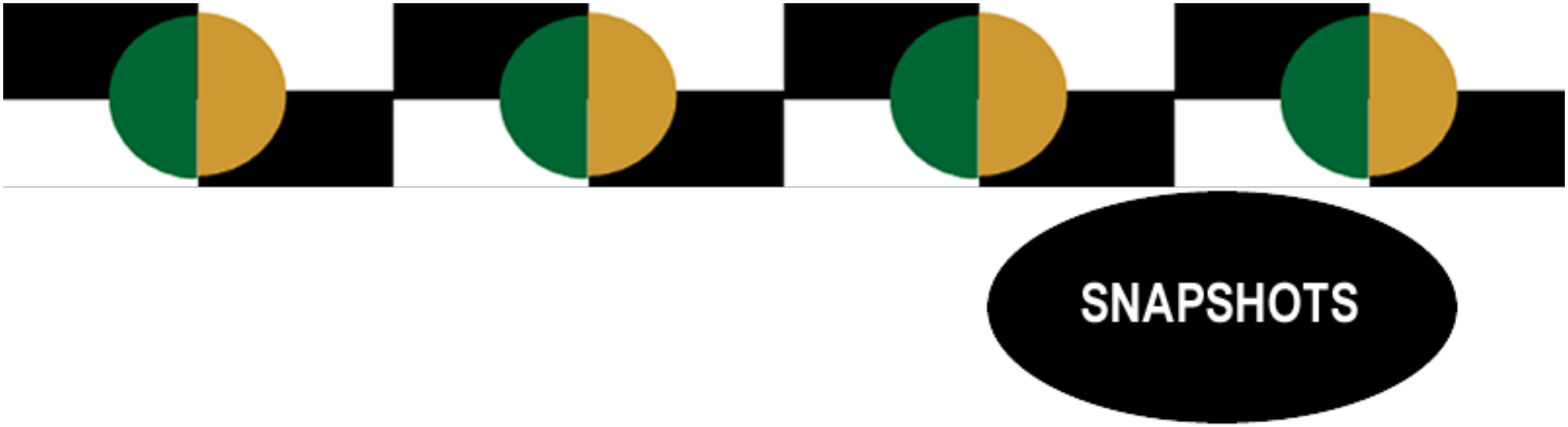
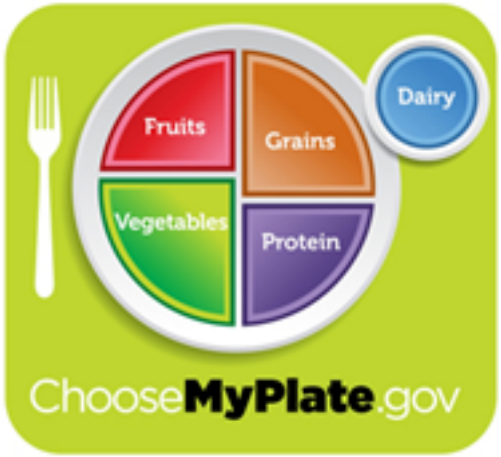
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The Office for the Aging sponsors Home Delivered Meals and Nutrition Sites. The Senior Citizens Council provides nutrition programs for seniors 60 years of age and older. These programs promote good nutrition and help seniors stay healthy. The meals are designed to meet one third of your daily requirements for good health.



NUTRITION EDUCATION:

In addition to meals, the Office for the Aging sponsors a Registered Dietician who offers nutrition education. This education provides up to date information about healthy foods and balanced diets.

NUTRITION COUNSELING:

The Registered Dietician offers individual nutrition counseling for seniors with chronic conditions or illnesses related to nutrition. We have information available such as meal planning for diabetics and much more. Call the office at (518) 561-8320 and a referral can be made to the Dietician for Nutrition Counseling.

The suggested contribution for Nutrition Education and Nutrition Counseling is $25 per session. No one will be denied service if they can not contribute at the rate specified. All contributions are voluntary and confidential.

All programs are made possible by funding through the New York State Office for the Aging and the Clinton County Office for the Aging.

This snap shot provides general information only. Contact the appropriate agency mentioned for information on your individual circumstances.



Clinton County Office for the Aging


CLINTON COUNTY
Office for the Aging