

Therapeutic Nutrition Can Help You or Your Loved One Heal

Supporting Caregivers & Mature Workers

Through a New Focus on Therapeutic Nutrition



Working Families are Our Nation's Primary Caregivers

Access a free, high-quality online therapeutic nutrition toolkit:

www.familiesandwork/nutrition-toolkit



Families and Work Institute



Poor nutrition increases risk for serious health problems. Poor nutrition can lead to:

- Longer recovery,
- Increased risk for infection,
- Increased risk for falls, and
- Decreased strength needed to take care of yourself or your loved one.

Therapeutic nutrition can help treat poor nutrition and can help you or your loved one heal and recover faster from illness. Ask your supervisor or manager for more information about how your employer supports caregiving and therapeutic nutrition.

FOR MORE INFORMATION, contact _____.



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