



FREE
1.0
RN CE
RD CPEU

A CONTINUING EDUCATION WEBINAR

ABBOTT NUTRITION HEALTH INSTITUTE IN COLLABORATION WITH THE INTERNATIONAL COUNCIL ON ACTIVE AGING

Nourishing Strength: The Vital Role of Nutrition and Muscle Health in the Older Adult

OBJECTIVES:

- **Promote Holistic Health:** Emphasize the importance of a holistic approach, combining nutrition, physical activity, and lifestyle modifications to support healthy aging.
- **Understand the Importance of Nutrition:** Explore the critical role of nutrition in maintaining overall health and well-being in the older adult.
- **Identify Key Nutrients:** Learn about essential nutrients that support muscle health and prevent frailty and muscle loss in the aging population.
- **Recognize the Impact of Malnutrition:** Discuss the consequences of malnutrition on muscle health and overall quality of life in the older adult.
- **Implement Nutritional Strategies:** Discover practical strategies and interventions to enhance muscle health and prevent sarcopenia.



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FACULTY:



KATHRYN N. PORTER STARR PhD, MS, RD

Associate Professor
Division of Geriatrics, Dept of Medicine
Duke University School of Medicine
Research Health Scientist, Geriatric,
Research, Education, and Clinical Center
Durham VA Medical Center
Durham, NC, USA

MEETING INFORMATION:

Date: Wednesday, October 29, 2025

Time: 12:00pm - 1:00pm EST

[CLICK HERE TO REGISTER](#)

Abbott Nutrition Health Institute is an approved provider of continuing nursing education by the California Board of Registered Nursing Provider #CEP 11213.

Nourishing Strength: The Vital Role of Nutrition and Muscle Health in the Older Adult awards 1.0 CPEU in accordance with the Commission on Dietetic educational activity awards CPEUs in accordance with the Commission on Dietetic Registration's CPEU Prior Approval Program.