



FREE
1.0
RN CE
RD CPEU*

A CONTINUING EDUCATION WEBINAR

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

Healthy Aging Beyond the Gym: How Nutrition Can Support Muscle Health

LEARNING OBJECTIVES:

- Discuss the relationship between muscle mass and nutrition on overall health outcomes and quality of life.
- Examine the current strategies and limitations to measuring muscle mass and quality.
- Evaluate the effects of nutrition supplementation with protein and beta-hydrox-beta-methylbutyrate (HMB) to support muscle quality and function in older adults.

MEETING INFORMATION:

Date: Tuesday, April 21, 2026

Time: 12:00 PM – 1:00 PM EST

CLICK HERE TO REGISTER

FACULTY:



WILLIAM J. EVANS

PhD

Adjunct Professor, Human Nutrition
Department of Metabolic Biology
& Nutrition
University of California, Berkeley
Berkeley, CA, USA



CARLEY RUSCH

PhD, RDN, LDN

Adult Medical Science Liaison
Medical Affairs & Research Abbott
Nutrition
Gainesville, FL, USA



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*The CPE Activity application for Healthy Aging Beyond the Gym: How Nutrition Can Support Muscle Health is pending CDR review and approval for 1.0 CPEU.