

Discover Wellness Together

Join Simply Nutritious Conversations Through Text Messaging

Receive text messages about health, activity and tasty recipes sent straight to your phone from the Simply Nutritious Conversations program.

Join our next conversation, **Enhancing Your Well-Being Through Balanced Nutrition and Healthy Lifestyle Choices** by signing up for the program's text messaging option today!

Why Join the Conversation?

- Receive information on nutrition topics that are important for older adult health
- Receive tips for maintaining a healthy lifestyle
- Get expert advice from a registered dietitian

Sign Up Using an Option Below

- Scan the QR code with your phone's camera
- Go to bit.ly/ND_SignUp
- Text SIMPLY to (701) 291-4933



Continue the Conversation

North Dakota Health and Human Services Adult and Aging Services will provide monthly Simply Nutritious Conversations. These conversations are a friendly way to learn from a dietitian at no cost to you.

A variety of general nutrition and wellness topics affecting many older adults will be covered during the conversations.

Every Simply Nutritious Conversation will include a planned topic followed by an open discussion among the group.

For more information about Simply Nutritious Conversations email ndsupport@dietarysolutions.net or call 1 (888) 960-2180.