



Aging *with* Confidence

4-PART WEBINAR SERIES

Join Catholic Charities Elder Ministry as we explore how our Five Senses impact aging.

SESSION TWO:

“Adjusting to Change in Smell & Taste”

As we age our sense of taste and smell change. Join Margaret White, Consultant with Centralina Area Agency on Aging to learn about the impacts associated with any loss, identify risk factors you might have, learn proven tips to mitigate loss and take steps to increase the flavor of your foods.

Wednesday, March 22, 2023 • 10:00-11:00 p.m.



Presented by:

Margaret White, MSW, RD, LDN

Consultant at Centralina Area Agency on Aging

To register, please click [here](#).

After registering, you will receive a confirmation email containing information about joining the webinar. For additional information or assistance with registering, please contact Sandra Breakfield at 704-370-3220 or email sandrab@ccdoc.org.

Hosted by Catholic Charities Diocese of Charlotte



**Catholic Charities
Diocese of Charlotte**

ccdoc.org

4-PART WEBINAR SERIES

SESSION ONE:
SENSE OF HEARING

“Hearing Health
and the Brain”

March 8th
1:00-2:00 p.m.

SESSION TWO:
SENSE OF SMELL & TASTE

“Adjusting to Change
in Smell & Taste”

March 22nd
10:00-11:00 a.m.

SESSION THREE:
SENSE OF VISION

TBA

SESSION FOUR:
SENSE OF TOUCH

June 13th
2:00-3:00 p.m.