



**Discover the
importance of fiber**

Learn how to prevent falls

Colorado State University
Extension
provides information on these
topics and more!

Look for these fact sheets at
www.ext.colostate.edu

- 9.322 Nutrition and Aging
- 9.351 Meals for One or Two
- 9.333 Dietary Fiber
- 9.316 Updating Food
Preparation to
Promote Health
- 10.242 Preventing Falls in the
Elderly
- 10.255 Managing Stress
During Tough Times