



I'On At Home's CHOICES program continues with a lecture addressing healthy living.

June 28 th - The Aging Body and the Importance of Diet, Exercise and Lifestyle with Dr. Marie Fanelli Kuczmarski.



Aging can impact your quality of life, if you let it! Join Dr. Marie Fanelli Kuczmarski for a motivating talk about how to feel better, enjoy greater energy and improve one's quality of life by making the right choices regarding the foods we eat, the exercises in which we engage and our overall lifestyle.

Dr. Marie Fanelli Kuczmarski is a nutrition scientist at the National Institute on Aging at the National Institutes of Health. If that name is familiar, it's because she is the sister of I'On's very own Joe Fanelli!



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upcoming IAH events and programs.***