

Essex Co. – Tappahannock Triad

Protecting Older Citizens



Maximizing Nutrition as We Age with Jennifer Miller, RD

Tuesday, May 7, 2024

10 – 11 a.m.

Essex Co. School Board Hearing Room

109 Cross Street, Tappahannock (behind the library)

Hydration ... fad diets ... sodium ... fiber ... exercise. Jennifer Miller, dietician at Bon Secours Rappahannock General Hospital, will help you improve nutrition as you age.



Triad is a partnership among law enforcement, older citizens, community organizations and others to enhance the safety and quality of life of older citizens. For information contact Tappahannock Police Dept. at 804-443-3992.