

# **HaNDS for Older Adults, Health and Nutrition Directory Services**

**A collaborative program, with the city of San Antonio, to provide information on available area resources on nutrition and activity services to older adults residing in San Antonio. Resource directory includes services provided in your area along with nutrition education resources.**



**For more information call: 1-800-123-4567  
Or visit us at: [www.handsforolderadults.org](http://www.handsforolderadults.org)**

**HaNDS for Older Adults, Health and Nutrition Directory Services**  
A non-profit organization striving to decrease the prevalence of adverse nutritional issues and enhance independence among older adults