



## Eating Right for Healthy Aging

Date: Thursday, June 1

Time: 10:00 AM - noon

Location: Bake & Bite (Soi 3 Kaew Nawarat Road)

Cost: 400 THB (includes healthy lunch)

One of the keys to healthy aging is having a healthy diet. But what does that mean, exactly? Our presenter, Montana Pawittranon, better known as Khun Gai, the proprietor of the popular restaurant Bake & Bite, will explain the important role macro nutrients (fats, proteins, and carbohydrates) play in our diet and how and why we should adjust the proportion of these key nutrients as we age. She will provide examples of macro nutrients and demonstrate how we can prepare and cook them in order to make healthy meals that are also delicious. At the end of the interactive session, participants will make and enjoy their own healthy lunch.

Khun Gai has a degree in Food Science and Technology from Chiang Mai University, an MBA from Eastern Michigan University, and is a professionally trained chef and baker.

Registration required at [www.lllpayap.com](http://www.lllpayap.com)