



Nutrition Needs for the Aging Adult

By

Dr. Drew Pociluyko, PT, DPT

Want to eat better, but not sure where to start? Dr. Drew Pociluyko will be sharing helpful tips and information to help you live healthy, long lives.

About the speaker: Dr. Drew Pociluyko is a physical therapist at Rehab Associates of Central Virginia's Moneta location. He developed a background in nutrition during his time at Virginia Tech, where he earned his B.S. in Human Nutrition, Foods, and Exercise and trained athletes at the intercollegiate level. Throughout his graduate and post graduate career as a physical therapist, he has applied his knowledge of human nutrition and exercise science in order to help patients of all ages improve his or her ability to live strong, healthy lives.



**Dr. Drew Pociluko PT,
DPT**

When: July 27th
What Time: 12 Noon