

Hot Topics in Nutrition Zoom Presentation

Dietician presents “Hot Topic in Nutrition” to Cane and Able Stroke Recovery Group

Troy, Michigan (June 17, 2022)

Elise Kowalski-Walters, Clinical Registered Dietitian Nutritionist at Beaumont Hospital Troy gave a Zoom presentation on “Hot Topics in Nutrition” this week to the Cane and Able Stroke Recovery Group.

Over thirty questions from the group’s members formed the basis for the presentation. They ranged from food tracking and thirst signals to dietary supplements, juicing, and research studies. Kowalski-Walters answered a number of impromptu questions after her formal presentation. “Eat fresh, delicious, real foods,” she summarized. A video of her presentation, including the Q&A, is available on the group’s website, www.CaneAndAble.org.

When the Covid-19 pandemic restricted meetings, Cane and Able replaced their twice-a-month in-person meetings with weekly Zoom sessions, many focusing on member sharing, as a way to help ease the isolation that many members felt. Kowalski-Walters gave the first formal Zoom presentation, Optimal Nutrition, in 2020.

The Cane and Able Stroke Recovery Group is one of the oldest and largest stroke clubs in the State of Michigan, and in the United States. Established January 14, 1982, our focus as a non-profit stroke recovery group has remained the same: provide support and encouragement, provide education about stroke and stroke recovery, provide education about non-stroke related issues, and provide a source of recreation and community re-entry

###

For more information, contact Cane and Able Stroke Recovery Group at (248) 964-4222 or via our website at www.CaneAndAble.org.