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ADVANCES IN AGING LECTURE SERIES

INTERPROFESSIONAL PANEL DISCUSSION



Cheryl Lacasse
Nursing



Jeannie Lee
Pharmacy



Mindy Fain
Medicine

Nutrition in Older Adults: Protein, Fiber, and Beyond

LIVESTREAM

[HTTPS://STREAMING.BIOCOM.ARIZONA.EDU/STREAMING/31101/EVENT](https://streaming.biocom.arizona.edu/streaming/31101/event)

LEARNING OBJECTIVES

- Recognize age-related changes that affect nutrition in older adults.
- Apply protein, fiber, and key micronutrient guidelines to reduce frailty and functional decline.
- Integrate practical, patient-centered nutrition strategies into older adult care.

April 13, 2026
12-1 pm (MST)



VIEW ARCHIVED PRESENTATIONS

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CME Credit Provided by the University of Arizona College of Medicine – Tucson

Accreditation Statement:

The University of Arizona College of Medicine - Tucson is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Arizona College of Medicine - Tucson designates this live activity for a maximum of 1.0 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Disclosure Statement(s):

All faculty, CME planning committee members, and the CME office reviewers have disclosed that they have no financial relationships with commercial interests that would constitute a conflict of interest concerning this CME activity.