



Meenakshi Minghelli, MD

Clinical Assistant Professor, Medicine
Director, Ambulatory Geriatrics, Banner -
University Medicine Tucson

INTERPROFESSIONAL PANEL DISCUSSION



Cheryl Lacasse
Nursing



Jeannie Lee
Pharmacy



Mindy Fain
Medicine

ADVANCES IN AGING LECTURE SERIES

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

[HTTPS://STREAMING.BIOCOM.ARIZONA.EDU/STREAMING/PAST?SEARCHDATE=&SEARCHCAT=27&SEARCHTOPIC=](https://streaming.biocom.arizona.edu/streaming/past?searchdate=&searchcat=27&searchtopic=)

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.