

EATING FOR THE HEALTH OF IT

A Nutrition Fair

To celebrate National Nutrition Month and to commemorate the USPHS Commissioned Corps Centennial, the Nutrition Department and the Educational Services Office of the Warren G. Magnuson Clinical Center invite you to a nutrition fair.

The Purpose

The purpose of this fair is to promote the benefits of healthy eating by providing information on HOW and WHY to make dietary changes and by addressing questions and concerns of individual employees.

The Format

Clinical Center Dietitians will be available to provide information to individual employees on four topics.

The Topics

- Lifestyles of the Fit and Healthy
- Let's "Chew the Fat" - about cholesterol and saturated fat
- Factor In Bran - Eat Roughage
- Shaking the Salt Habit

The Time and Place

March 7, 1989,
Tuesday

March 8, 1989,
Wednesday

March 9, 1989,
Thursday

11:30 a.m. to
1:30 p.m. each day

Building 10,
Visitors
Information
Center

A Film Festival

A film festival focusing on these topics will be shown in the Little Theater. For further information call the Educational Services Office, 496-1618.

