

## STRATEGIES FOR A NEW YOU IN 2005

Barbara Schmidt MS, RD, CDN, Certified Nutritionist and Registered Dietitian will host a **FREE** four-part program.

### EAT WELL - LIVE WELL

Learn how to strengthen your body's defenses against infection, reduce your risk of heart disease, cancer and osteoporosis. Find out how to increase your resistance to stress and enhance your energy to enjoy life through a proper balance of exercise and nutrition. Please join us for this informative series.

#### Topics to be covered include:

Heart Smart

Weighing the Facts about Weight Control

Low Carb - Right Carb - The Fiber Connection

Boning Up on Calcium

Grocery Shopping Tour

**Tuesdays: May 31, June 7, 14, & 21, 2005**

**6PM - 8PM**

Come join us at:

**Christ Church Greenwich - The Parish Hall**

**254 East Putnam Avenue**

**Greenwich CT 06830**

**CALL 622-7850 TO REGISTER**



The program is co-sponsored by the Greenwich Department of Health and Christ Church Greenwich.

Supported by a grant from the Connecticut Department of Public Health

