

## Town of Greenwich Health Dept.

### START 2005 ARMED WITH STRATEGIES FOR A NEW YOU!!!

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

Grocery Shopping Tour

Boning Up on Calcium

Come join us at Greenwich Town Hall, 101 Field Point Road, in the Hayton Room on the 3<sup>rd</sup> Floor - Thursdays, May 5, 12, 19, 26 from 5:30 - 7:30 PM.

**CALL 622-7850 TO REGISTER**



The program is sponsored by the Greenwich Department of Health, supported by a grant from the State Department of Public Health.