

# EAT WELL - LIVE WELL

Will be presented by the Greenwich Department of Health

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

Ms. Schmidt will provide you with strategies to strengthen your body's defenses against infection, reduce your risk of heart disease, cancer and osteoporosis. You will learn how to increase your resistance to stress and enhance your energy to enjoy life.

The four-session program will cover the following topics:

Healthy Hearts

Micro-Nutrients For Your Immune System

Beans, Beans are Good For Your Heart

Grocery Shopping Tour

Boning Up on Osteoporosis

Total Cholesterol Testing will be offered.

Please join us in the Auditorium Foyer at The Greenwich Library

101 West Putnam Avenue, Greenwich, CT on

**Wednesdays, April 7, 14, 21 & 28, 2004**

**9:30 - 11:30 AM**

**CALL 622-7850 TO REGISTER**

The program is sponsored by the Greenwich Department of Health, co-sponsored by the Greenwich Library - Health Information Center



Supported by a grant from the State Department of Public Health