

Lionel R. John Health Center

★ **Public Invited!**



**SAVOR
THE FLAVOR
OF EATING
RIGHT**

NATIONAL NUTRITION MONTH® 2016

eat right. Academy of Nutrition
and Dietetics
www.eatright.org

**March is NATIONAL
NUTRITION MONTH**

- ★ **Join Us For a
FREE Salad Bar**
- ★ **Lunch & Learn how
to Savor The Flavor
of Eating Healthy!**

***Presented by Jody LaMarca
LRJHC Nutritionist***

***March 23rd at
12 -12:30 **Or**
12:30 -1:00***

**Reserve your seat by
March 18th
Robin Crouse ext. 3240**

**Diabetes Unit
Wellness Center**

★ **Sponsored by the
HOPE Unit**