Recipe for a Healthy Lifestyle

Join UAlbany’s campus dietitian, Donna Duffy RDN, as she shares her recipe for a healthy lifestyle. Learn the basic ingredients for creating a way of living that will support optimal health and wellness. Ms. Duffy offers practical tips for achieving your personal goals for nutritional eating and physical activity. Set yourself up to be successful by taking a step in the direction of controlling your health - YOUR WAY!

Bring your lunch. A complimentary beverage and dessert will be provided.

EAP thanks Sodexo and UAS for their special sponsorship!

To Register Contact:
Brenda Seckerson, EAP Coordinator
bseckerson@albany.edu

CALL 442-5483 OR REGISTER ONLINE

http://www.albany.edu/eap/event_sign-up.htm

Tuesday, April 8
12:00 - 1:00 pm
Room 375,
Campus Center
Registration Deadline: Friday, April 4