Eating Well to Optimize Your Brain Health

Presented by Donna G. Duffy
MS RDN CDN
Campus Dietitian UAlbany Dining

This workshop will discusses the importance of eating food to fuel the body, the importance of nutritious food, eating regularly to support energy, and how to manage eating to support and optimize a healthy brain.

Please Join Us
Date: Tuesday, April 19, 2016
Time: 12:00 – 1:30 PM
Location: Humanities 354

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