

# Sponsored By Campus Wellness

## Is Stress Making you Fat?

Our presenter will be Faye Altman, she retired from the VSU Counseling Center after serving nineteen years. Her combination of work and education experience makes her an ideal facilitator for this event. She will be presenting on how stress is linked to weight gain and ways to stop the unhealthy cycle

You will learn:

- How stress affects your appetite and eating habits

You will gain control:

- Over the stress-food cycle through smart nutrition and food choices

Menu  
Fall Greens Salad  
Roasted Root Vegetables  
Apple Chip Smoked Chicken  
with apple relish  
Cranberry Rice  
Poached Pears with  
vanilla sauce

## Wellness Luncheon Session



Will be held in the Faculty Dining Room in Palms

The cost is \$6.42 cash or a Meal Plan, pay the cashier at the front

Time: 12:30-1:30 p.m.

Date: November 17, 2006

To RSVP Please Call 259-5105 or e-mail [rbowes@valdosta.edu](mailto:rbowes@valdosta.edu)