

It's Snack Time!



Do you tend to get hungry around 4:00 p.m.? Would you like to **SNACK** on some healthy food while you **PACK** your brain with tips for better eating?

DATE: Thursday, March 30
TIME: 4:00 to 5:00 p.m.
Location: Odum Library Auditorium

Session Topics:

- ✓ Decipher nutrition labels and know what is truly healthy
- ✓ Take on the portion distortion challenge
- ✓ Learn how you can utilize snacks to increase your health
- ✓ Bring labels from your favorite snacks and see how they measure up

Facilitator:

Dr. Lynn Bell is a Registered Dietitian, and VSU Nursing Professor. In addition to her 13 years of teaching experience, she also collaborates with the VSU Counseling Center to provide nutritional counseling for students. She has served on several health-related advisory boards/taskforces and is a member of the American Dietetic Association.

Sponsored by Campus Wellness Committee