



NUTRITION WORKSHOPS

LIVING GLUTEN-FREE, FEB 12TH 2018

Join us as we set the record straight on gluten, learn what gluten is and who is and who needs to avoid it, and discover how Wegmans makes living gluten free easy.

ADDED SUGARS, MARCH 14TH 2018

Get answers to your questions about added sugars: what is the sudden concern all about? What's the difference between naturally occurring and added sugars? How can I identify added sugars on nutrition labels?

SODIUM SAVVY, APRIL 23RD 2018

We'll explain what sodium is and why it is a concern while you pick up tips on reading nutrition labels, comparing products, and reducing sodium without sacrificing flavor.

OPEN TO STUDENTS, FACULTY AND STAFF

Our nutrition workshops will be conducted by a registered dietitian that will share important principles for getting and staying healthy. This is a collaboration with Wegmans Food Market, Nutrition Program.

LOCATION

**Downtown Campus
3rd Floor, Room
320A**

TIME

12n-1pm

Light refreshments will be provided