



Wellness Council

MONROE COMMUNITY COLLEGE



DCC WELLNESS PROGRAM

Spring 2016

May 18, 2016:

Adding Flavor to Heart Health– How to create a healthy plate.

Noon-1pm, 4193 DCC Community Room

In this healthy beef cooking demonstration, presenter Cindy Chan Phillips, Director of Nutrition Education, NY Beef Council, will cover topics such as: understanding various cuts of meat and how to make healthy choices, sodium control, healthy portions, calorie comparison, and more. Food sampling and prizes! Seating is limited, RSVP required: ahowell@monroecc.edu

Our Vision:

1. *Participation support of community-based organizations that promote wellness.*
2. *Education of employees through wellness-related programs, activities & information.*
3. *Increasing awareness in the College community of the purpose and vision of the Wellness Program at MCC.*
4. *Empowering individuals to take responsibility for their own health*
5. *Increased College participation*

