

Wellness Council

MONROE COMMUNITY COLLEGE

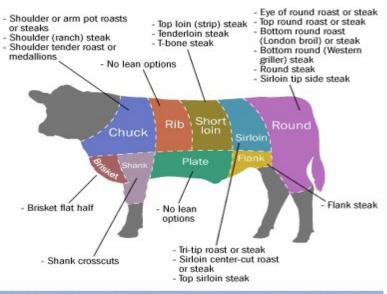
DCC WELLNESS PROGRAM

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



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Our Vision:

- 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

