



Recovering from  
Holiday Eating  
with  
Carol Day



Fasting after feasting to shed a pound or two?  
Don't do it!

Come join us for a brown bag luncheon presentation with Carol Day to be informed on eating right. Carol Day is the Director of Health Education Services at Georgetown University.

She is a masters prepared nurse and a certified nutrition specialist. She teaches classes and regularly counsels students on nutrition matters ranging from sports nutrition to eating disorders.

Ms. Day will give us nutritional information on how to have a delicious meal without gaining weight!

When: 12:00 noon to 1:00pm  
Wed, January 10, 2007  
Where: Leavey Program Room

For more information contact: Sandy 687-2409  
Nicole 687-1771