



# Nutrition 101

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*Carol Day, Director of Health Education Services 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 discuss eating healthy, choosing the right foods, and, the benefits of organic foods. She conducts engaging "question and answer" sessions in her presentation enabling the audience to address their individual concerns. Ms. Day has presented before with our department; her relaxed, personable and interactive presentation style is very well received.*

*Date: 12:00 - 1:00PM Thursday, February 26, 2009*

*Location: McCarthy Hall, McShain Lounge Large*

*<http://explore.georgetown.edu/locations/index.cfm?Action=View&LocationID=79>*

*The presentation is free and requires no reservation. All GU Faculty, Staff and Students are welcome. If you have any other questions or concerns, please contact Sandy 7-2409 or send an email to [sw287@georgetown.edu](mailto:sw287@georgetown.edu).*

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**Wellness Programs 2009**  
**Faculty and Staff Assistance Program, Department of**  
**Human Resources**