

Join us
Thursday, January 24, 2019
from 1 -2 p.m.

Nutrition Myths and Facts

Tools for Making Informed Choices

Corinne Larson, RD-N, has been a Clinical Inpatient and Outpatient Dietitian at Gaylord for over 3 years. Her interests include diabetes education and community health promotion.

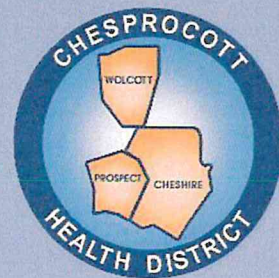
Corinne's presentation will include common myths and facts surrounding nutrition topics. She will help dispel some common misunderstandings with regards to what we should eat and what we should not eat. Topics will include gluten, cholesterol, sugar, and more!

Presented by:

Corinne Larson, RD-N
Registered Dietitian-Nutritionist



Program offered in partnership with:



Prospect Senior Center

6 Center Street, Prospect | (203) 758-5300

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