

Free Seminar: Fill Up Not Out! - Nationally known dietitian Franceen Friefeld, RD., P.H.Ec.

Written by

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Join Franceen, as she teaches you how to beat the Freshman 15, attain better health and energy and enhance sports performance while still enjoying the foods you love!! Clear the confusion regarding some of today's conflicting nutrition theories and identify the pros and cons of popular diets and nutritional products on the market.

She will teach you how to "Fill Up Not Out® " and "think beyond fad diets" by focusing on all the wonderful foods to "add in" rather than "leave out". Eating for maximum results is explained in this informative presentation which includes details on; the types of foods to choose, the timing of meals and snacks and the healthy choices available on campus. Learn how adapting this satisfying, nutrient-packed way of eating promotes weight control and maximizes health and energy to help you look and feel your best!!

Location : Dillard University Kearny Dining Hall

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