



The URI Work-Life Brown Bag Lunch Series

Healthy Eating on the Go

Our fast paced work culture has taken its toll on healthy eating and family meals. It's easier than you think to make better food choices at home, school, restaurants, and in the work place. Come hear about how to avoid the fast-food fix and keep everyone happy and healthy!

April 24, 2008

12:30 - 1:30 PM

Thomson Boardroom, Ballentine Hall

Featured Speaker:

*Nancy Fey-Yensan, PhD, RD, Associate Dean, College of Human Science and Services and
Professor, Nutrition and Food Sciences
URI College of the Environment and Life Sciences*



***Bring your lunch, chat, and take home
URI Nutrition Professors' picks of the best, most credible
nutrition resources, tip sheets and some healthy recipes
developed right here at URI!***