

March is National Nutrition Month

Panel Discussion & Cooking Demonstration



Join the West Palm Beach Registered Dietitians for a panel discussion on the importance of making informed food choices and developing sound eating habits to “Get Your Plate in Shape”. Watch a cooking demonstration by Chef Bradley.



March 19th, 2012
3B-260

11:30 A.M. – 12:00 Noon
Panel Discussion

12:00 Noon – 12:30 P.M.
In the kitchen with Chef Bradley

(Repeated at 12:30 P.M. – 1:00 P.M.)

Learn some healthy tips on how you can “Get Your Plate in Shape”.

You must have Supervisor approval to attend.



VA
HEALTH
CARE

Defining
EXCELLENCE
in the 21st Century