Living Well With



Proper nutrition is an overall component of good health.

Whether you're seeking to lose weight, increase energy levels, or simply eat better, schedule a nutrition counseling session to assess your dietary intake and identify areas where change is needed. Sponsored by the LIU Department of Human Resources and the LIU Post Nutrition Department.

March 4, 2013 - April 26, 2013 - March 4, 2013

▲ Where: LIU Post Pratt Recreation Center,

Pratt Training Room.

A Time: By Appointment:

Tuesday through Thursday, between

the hours of 9 a.m. and 5 p.m.

Contact: liunutrition@gmail.com

or call 299-2881 for an appointment.

Completing a counseling session will satisfy the "Lifestyle Education" requirement of the Report Card Program.

