

# Careforce Connection

Your Link to Children's Healthcare of Atlanta

Lillis, Nicole

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## Celebrate Summer and Power Up Your Diet

Summer is the season for cherry red tomatoes and other fruits and veggies bursting with color. Come to an upcoming Strong4Life Lunch Seminar and learn all about summertime power foods. Power foods are items you should include in your diet that give you: the richest amount of nutrients; the least amount of calories; and the most health benefits.

During the seminar, Strong4Life registered dieticians will teach you more about specific power foods and how to include them into your daily diet. Hang around after for a cooking demonstration and tasting of Summer Bean Salad, along with a Q&A session. Join us for one of the following sessions:



**Egleston:** Tuesday, June 19, noon-12:30 p.m. (Classroom 8)

**Scottish Rite:** Wednesday, June 20, noon – 12:30 p.m. (Strong4Life room)

**The Park:** Wednesday, June 27, 11:30 a.m. – noon (Classroom 1)



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