

## Celebrate Summer and Power Up your Diet!

Attend a Lunch Seminar to learn about Power Foods!



**Join your Campus Strong4Life RD in June to learn about Power Foods and a cooking demonstration during your lunch break!**



**Take advantage of the free information & time to ask the RDs specific items you want to know about!**



**Park:** Wednesday, June 27th from 11:30-12 in Classroom 1



**Scottish Rite:** Wednesday, June 20th at 12 in the Strong4Life Room



**Egleston:** Wednesday, June 13th from 11-1130 in Classroom 2