

Wallingford Wellness Series: Healthy Eating

— Presented by Masonicare, Wallingford Health Department & Wallingford Public Library —

September 18th at 2pm — or — September 20th at 5:30pm
Wallingford Public Library, The Collins Room
200 North Main Street, Wallingford, CT

Healthy eating is not about strict limitations or depriving yourself of foods that you enjoy. Healthy eating is about eating foods to make you feel great, have more energy, improving your health, and boosting your mood. This discussion is aimed at the components of healthy eating.

Guest Speaker:

Kathleen Kuba is a Registered Dietitian and received her Bachelor of Science in Nutrition and Dietetics from University of Connecticut in Storrs. She completed her internship through the University of Connecticut as well. Kuba is the Clinical Nutrition Manager for Masonicare Health Center.

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