

Nutrition for Longevity

A Nutrition Talks Session

In this presentation, you will learn how to maximize your health and energy levels through quality foods and eating patterns. We will also talk about ways to promote longevity through nutrition and lifestyle. A tasty dinner meal will be served by nutrition undergraduate students.

- Date & Time: Tuesday, March 7, 5:15-6:15pm
- Location: Kampeter Health Sciences Hall 426
- Presenters: Gabrielle McGrath, dietetics graduate student; Daniela Novotny, DHSc, RDN, LD, CHES

Please register through MyLearningConnection (search Nutrition Talks). A Zoom option is also available
<https://missouristate.zoom.us/j/91784904689>

