

Discover U

NDSU Staff Senate Presents You Are What You Eat



Wednesday November 18, 2009 10:00 – 11:00 a.m.

Century Theater Memorial Union

Janet Brown, LRD, CDE NDSU Licensed Registered Dietitian

Janet Brown, Licensed Registered Dietitian, will explain how the way you nourish your body can determine how you feel and work. She will also give nutrition advice to improve your overall being.

For more information on upcoming mini-sessions go to: www.ndsu.edu/staff_senate/

Sponsored by the NDSU Staff Senate Staff Development Committee

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