

Turn a Happy, Healthy New Year Into a Great New Year With Good Eatin'



Eating healthier is often the No. 1 New Year's resolution. And why not?

Eating the right foods can help make you happier and healthier.

But what are the right foods for you?

Do you want more energy and focus? To reduce your risks of diabetes, a heart condition or cancer? To improve hydration? To have a healthy gut? To keep up with the latest food trends?

Join **Nancy Case** of MidHudson Regional Hospital, a member of the Westchester Medical Center Health Network (WMCHealth), a registered and bariatric dietitian with more than 30 years of experience, for this **free talk and Q&A** to discuss all these options and more. *A hint about the talk:* She believes **chocolate** is an essential part of any meal plan!

To register for this free event, phone 845.483.5582 or email Michelle.Conrad@WMCHealth.org

**Thursday,
Jan. 16**

6 to 7 p.m.

**Boardman Road
Branch Library**
141 Boardman Road
Poughkeepsie, NY