Mindless Holiday Eating
Lunch and Learn

THURSDAY, NOVEMBER 19, 2015
12:15 – 1 p.m.

HARDY HALL
UNIVERSITY CLUB

The holidays are a minefield for mindless overeating and can sabotage many weight loss or weight management goals. In this lunch and learn, we will discuss current nutrition research and best strategies to reduce mindless eating triggers while preserving holiday meal traditions.

A complimentary lunch featuring a nutritious salad and baked potato bar will be served.

For more information, call 228.214.3256 or email lisa.malone@usm.edu.