

# Nutrition: Fact or Fiction

Thursday • June 28<sup>th</sup> • 12:00 p.m. – 12:45 p.m.

CRC Large Conference Room  
2328 5<sup>th</sup> Ave, Troy 12180

*CEO invites Unity House to join us for a fun and interactive way to test your nutrition knowledge! This program will dispel common nutrition beliefs and myths to help you better understand the principles of healthy eating. Participants will also learn practical tips related to personal nutrition in order to create lasting healthy eating habits.*

*Pre-registration is required.*

*Contact: Sara Goodwin-Tague at 518-272-6012 or [sgoodwin@ceoempowers.org](mailto:sgoodwin@ceoempowers.org)*



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CDPHP members can earn up to 10 Life Points® for attending.

**CDPHP  
members:  
please bring  
your member  
ID card.**

