

# March Lunch and Learn Health Topic of the Month



## Nutrition and Your Health

Many diseases can be prevented or controlled by maintaining a healthy lifestyle and eating healthy foods. Come hear a nutritionist from RMC discuss how to eat a healthy, balanced diet on a fixed income to maintain or to improve your overall health.

### WHICH OF THESE ITEMS BELOW HAVE 100 CALORIES?

- 2 ½ large cucumbers
- 2 large heads of lettuce
- 1/3 pound potato
- 1 large apple
- 1 medium banana
- 4 C raw broccoli
- 1 TBL butter, mayo or margarine
- 15 almonds

**Friday, March 20, 2009**  
**12:00 P.M. – 1:00 P.M.**  
**Education Center at RMC**

**Park in rear of hospital and use outside rear entrance.**

**FREE lunch will be provided.**



the Regional Medical Center

Seating is limited to the first 50 registrants. Please RSVP to Patricia Funderburk (395-2698 or pdfunderburk@regmed.com) by March 13.