

Eat This, Not That!

Workshop for Faculty, Staff and Students - Demo, Tasting and Discussion

In this cooking demo, tasting and discussion:

- ▶ Learn basic changes you can make to improve your nutrition.
- ▶ Take away some simple recipes you can use to implement those changes.
- ▶ Understand the importance of eating fresh whole foods instead of processed foods.
- ▶ Bust some of your 'nutrition myths'.

Meet the Instructors



Chartwells
Campus Executive Chef
Kevin Werner



UMBC
Biological Sciences Professor
Dr. Sarah Leupen

Wednesday November 14, 2012

**University Center Room 312
10:00 am - 11:30 am**

Register on the web by November 5th at www.umbc.edu/training

Spaces are limited and pre-registration is required.



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