

# National Nutrition Month

## March 2011



### Monday, March 14

***Commons Breezeway – 11am-1pm***

“Nutritional Information Tabling & Eating Disorders Awareness”

FREE Eating Disorders Screening, Nutrition Information and Resources

Sponsored by: University Health Services, Health Education & University Counseling Services

### Wednesday, March 16

***Commons Main Street – 12-1pm***

“Women’s History Month & Nutrition Awareness Tabling Event”

Sponsored by: UMBC Book Store, Women’s Center, Chartwells Dining Services & University Health Services

### Wednesday, March 30

***True Grits Dining Hall – 11:30am-1:30pm***

“Lunch with the Peer Health Educators!”

Come join the Peer Health Educators for lunch at True Grits Dining Hall. Enjoy a nutritious meal while discussing healthy eating practices, tips on how to eat healthy on the go or as a residential student, and how to make the most out of a balanced diet in college.

Sponsored by: Health Education & Chartwells Dining Services