

Discover U

NDSU Staff Senate Presents

You Are What You Eat



**Wednesday
November 18, 2009
10:00 – 11:00 a.m.**

**Century Theater
Memorial Union**

Janet Brown, LRD, CDE
NDSU Licensed Registered Dietitian

Janet Brown, Licensed Registered Dietitian, will explain how the way you nourish your body can determine how you feel and work. She will also give nutrition advice to improve your overall being.

***For more information on upcoming mini-sessions go to:
www.ndsu.edu/staff_senate/***

Sponsored by the NDSU Staff Senate Staff Development Committee