THE ADVENTURE COMES TO YOU

Cutting edge research from Iowa State University focused on how mindful eating and behavior contribute to a healthy lifestyle.

HEALTH ISN’T ALWAYS IN THE “BMEYE” OF THE BEHOLDER

*presented by Alison St. Germain, MS, RD, LD*

Learn to eat in a way that satisfies your wellbeing AND your taste buds.

WHY WHAT YOUR GREAT-GRANDPARENTS ATE 100 YEARS AGO CAN AFFECT YOUR HEALTH TODAY

*presented by Kevin Schalinske, Ph.D.*

Learn how environmental factors such as diet can affect health and disease for many generations to come.

2017 SCHEDULE

Join us for this free event from 9 a.m. - noon at one of these locations across Iowa

**Tuesday, May 16 - WATERLOO**
Black Hawk County Extension Office
3420 University Avenue, Suite B

**Wednesday, May 17 - LE MARS**
Plymouth County Extension Office
251 12th Street, SE

**Thursday, May 18 - ATLANTIC**
Cass County Extension Office
805 West 10th Street

**Friday, May 19 - IOWA CITY**
Johnson County Extension Office
3109 Old Highway, 218 South

*Light refreshments will be served*

REGISTER
No later than 1 week in advance of the event
https://goo.gl/v9jD8u

QUESTIONS?
Contact Dr. Anthony Santiago
(515) 294-7042 or ads@iastate.edu