

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

Thursday, May 18 - ATLANTIC

Cass County Extension Office
805 West 10th Street

Wednesday, May 17 - LE MARS

Plymouth County Extension Office
251 12th Street, SE

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