

# The Basics of Healthy Eating



Join us for a free nutritional presentation given by [Arianne Szymas, Curry Dining Services' nutritionist.](#) She will be reviewing healthy eating strategies while in college and will also be explaining more about the Balance, Mind, Body and Soul wellness program offered in the dining hall and how to access all of the Nutrition tools available via the Curry Dining Services Website. Be sure not to miss this fun and informative class!

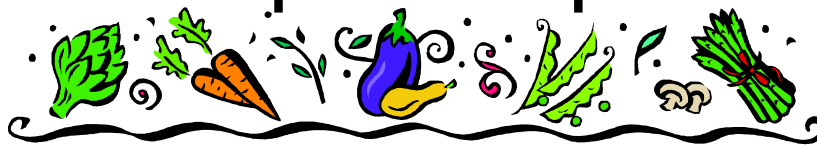


**Date: Thursday, September 20th**

**Time: 7:00pm**

**Location: President's Dining**

**Room Drapkin Campus Center**



Meet with Arianne in the dining hall during dinner prior to the presentation to have some of your personal nutrition questions answered.

