

# HOLIDAY HAVOC

## FREE SEMINAR

### Minimizing winter weight gain

**When: Tues. 11/13 & 12/18 at 6:30pm  
OR Saturday 12/8 at 10:00am**

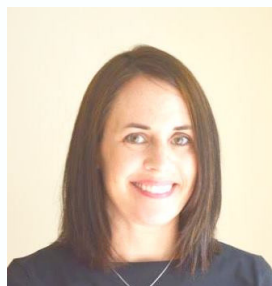
**Where: MTVAC Conference Room**

**Speaker: Renee McGrew, RD**

**Cost: FREE!**

**Learn the tricks to eating smart -  
even during holiday gatherings**

- Healthier choices
- Outside factors
- Mindful eating
- Enjoy, don't deprive!



Renee McGrew, a registered dietician is now teaching our seminars. She is also available for private consultations. A Registered Dietitian is a trained nutrition professional who has met the strict educational and experiential standards set forth by the Commission on Dietetic Registration (CDR) of the Academy of Nutrition and Dietetics (AND).



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