

# The Latest on Diets and Diet Supplements

## A PROGRAM FOR PATIENTS, FAMILY & COMMUNITY

Speaker, **Laura McCain**, is a graduate of NMC's Culinary Program, a Registered Dietitian, and a Certified Diabetes Educator. She has worked as a Clinical Dietitian at Munson Medical Center since 1995 and does community cooking and nutrition education.

Laura will review what's new in America's quest for the perfect diet. Do I need supplements to have adequate nutrition? Can some of them be dangerous for me to take? How do I lose weight and/or improve my health if I don't use a structured diet?

**Thursday, April 12, 2007**

7:00-8:30 pm

***Presented live via the REMEC TeleHealth Network from Munson Medical Center***

**No Fee**

**No Registration**

**For more information, call 231-935-8565**

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