

Do Your Food Choices Measure Up?



LIAAC Presents Nutrition Health Education 2013 Workshop Schedule

LEARN WHAT TO EAT AND HOW TO EAT WITH OUR CERTIFIED NUTRITIONIST

AT LIAAC IN THE COMMUNITY CENTER
60 Adams Avenue, Hauppauge, NY 11788

EVERY 2ND WEEK OF THE MONTH

Monday @ 1 pm

Thursday @ 4:30 pm

EVERY 4TH WEEK OF THE MONTH

Monday @ 10 am

Wednesday @ 12 pm

Thursday @ 3pm

AT PECONIC BAY MEDICAL CENTER (CONFERENCE ROOM B)
Peconic Bay Medical Center 1300 Roanoke Avenue, Riverhead, NY 11901
Conference Room B (2nd Floor across from Nursing Education)

EVERY 2ND WEEK OF THE MONTH

Tuesday @ 6 pm

EVERY 4TH WEEK OF THE MONTH

Tuesday @ 10 am and 1 pm



Please call Damien at 1-877-865-4222 (1-877- TO LIAAC)
to schedule your workshop date and time.

*You must attend 1 workshop/month to receive Food or Meal Services.
Food or Meals will be distributed at the end of the workshop.

VISIT US ONLINE AT LIAAC.ORG

