

# 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**

