



Eating Your Way to 100!

Wednesday, March 14th
6:30-8:30 PM
Central Library
Second Floor Meeting Room

Join experts as they share lifestyle tips to help you prevent chronic diseases through diet and exercise.

Learn about cancer prevention, cooking healthy foods, and easy exercises for adults.

This program is in celebration of National Nutrition Month.

Featuring a panel discussion with:

- Dr. Carlin Rafie, Adult Human Nutrition Extension Specialist, Virginia Tech
- Kate Sherwood, Culinary Director, Center for Science in the Public Interest
- Victoria Gwilliam, RDN, Nutrition Educator, Arlington Department of Parks & Recreation
- Chamberlain College of Nursing



If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact VCE at (703) 228-6400/TDD* during business hours of 9a.m. and 5 p.m. to discuss accommodations 5 days prior to the event. *TDD number is (800) 828-1120

