



The Farley Professional

Lecture Series

Laying Your Foundation for Health:

Choose Foods Wisely

Presented by Valerie Huckstep, Registered Dietician

Friday, November 19, 2010

9:00 AM — 12:00 PM

Located at:

The Discovery Center

5308 Discovery Park Blvd

Suite 102

Williamsburg, VA 23188



No Charge

3 SACAVA Credits Provided

Description:

The benefits of healthful eating reach far beyond your day to day existence. You are actually Laying Your Foundation for Mental Health and Physical Wellbeing for years to come! People in recovery from substance abuse need to be especially focused on healthy eating strategies to minimize relapse behavior, maximize nutrient replenishment to help stabilize moods and help heal their brain and body.

Objectives:

- Explore “Best” eating strategies for wellness.
- Discover the relationship between food and mood.
- Familiarize ourselves with key foods and nutrients to boost our immune system, promote health and wellness and minimize food cravings.
- Provide nutrition insight for people in recovery as well as friends or family members supporting people in recovery or professionals counseling people in recovery.
- Receive insight into the practices of the food industry and how they seduce us into purchasing unhealthy foods and beverages.

To Register Online visit www.farleycenter.com

For additional information contact Kelly Thompson at 757-565-0106