

THE MAXWELL & ELEANOR BLUM PATIENT AND FAMILY LEARNING CENTER

Nutrition Debunked

Have you ever read nutrition recommendations and wondered how to apply them? Join dietetic intern Alex Cauley as she discusses common nutrition misconceptions and the most effective way to improve your health through nutrition. You will learn how your diet compares to national guidelines and where to place your focus for the best results. Alex will also answer any questions you have about nutrition and help you find a balance that works best for you.

This online program is free and open to MGH staff, patients, and the general public.

To attend this program, click on this link:

<https://partners.zoom.us/j/81978890607>



Featured Speaker: Alex Cauley, MS

Alex is currently completing her dietetic internship at Massachusetts General Hospital to become a registered dietitian. She completed her undergraduate degree in Nutrition Science at North Carolina State University in Raleigh, North Carolina. She then went on to earn her Master of Science in Nutrition Science from Meredith College, also in Raleigh. Alex has a passion for nutrition counseling, especially within corporate wellness. After graduation, she hopes to work with large corporations to help their employees stay healthy as the world returns to the workplace.

Date: Wednesday, July 21, 2021

Time: 12:00 PM - 1:00 PM

**For more information,
call 617-724-7352 or
email pfic@partners.org**