



Meet The Dietician



Beating the Freshman 15
The Balanced Way

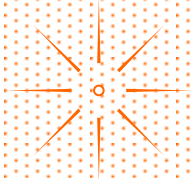
Blanton Hall Cafeteria

Q&A Session with Julie
BMI Calculations
Time: 11:30am – 2:30pm

Q&A Session with Julie
4:30 pm - 5:30 pm

Dietician:

Julie Rhule



**September
10th 2009**

This discussion offers a background as to why students should care about what they eat. Discuss with our dietician the importance of energy, how to maintain/achieve a healthier weight which will in turn equal more energy. For those who are seeking weight reduction, this provides valuable information on the basics of meal planning, monitoring portions and how to identify healthier choices on campus. Learn how to Build-A Better Sandwich the healthy way!