

Nutrition and Chronic Disease Prevention

by Dr. Suzanne Judd, PhD, Associate Professor in the Department of Biostatistics

June 15, 2016, noon-12:45 p.m.
West Pavilion Board Room

Dr. Judd will be:

- sharing the latest evidence for dietary recommendations to improve chronic disease
- discussing how to wade through the various pieces of nutrition advice
- advising on how to find a diet that provides a health benefit, is achievable and becomes a lifestyle for a better you.

