

NYIT School of Health Professions & College of Osteopathic Medicine's 2018 Fall Lecture Series:



FOOD, NUTRITION & MEAL PLANNING FOR HEALTH PROFESSION STUDENTS

At The NYIT Garden

Join us for an outdoor lecture on food, nutrition and diet therapy for chronic disease while helping us tend the crops. You will also learn about the association between gardening and a wide range of health benefits across the physical, psychological and social spectrum of health. All participants will have unlimited garden access during the semester to harvest available fruits, vegetables and herbs for their own consumption. The NYIT garden is located behind Balding House on the Old Westbury Campus.

Date	Topic	Presenter
Wednesday, September 12, 2:00-3:30	DASH Diet for Hypertension	Dr.Mongiello
Thursday, September 13, 12:45-2:10	Anorexia and Bulimia	Dr. Haar
Wednesday, September 19, 2:00-3:30	U .S. Dietary Guidelines	Dr. Haar
Monday, September 24, 2:00-3:30	Carb Counting for Diabetes	Dr.Mongiello
Wednesday, October 3, 2:00-3:30	Climate Change Changes Nutrition	Dr. Mongiello
Tuesday October 9, 12:45-2:10	DASH Diet for Hypertension	Dr. Haar

Come to one or more lectures. Registration is required as space is limited.



To reserve your spot today email:
sleand01@nyit.edu