

***The Mount Aloysius College Wellness Committee Presents***

# “Nutrients for Optimal Health”



Have you often been confused with buzz words like antioxidants, probiotics, and Omega-3 fatty acids? Join Julie Donovan, lifestyle coach, consultant to many Olympic athletes, and weight loss coach in a new holistic program called “In.Form” as she helps clarify and simplify 7 categories of healthy nutrients.



**Tuesday, October 17, 2017**

**Cosgrave 120-122**

**12:00-1:00 pm**

RSVP to Ann Booterbaugh at ext. 6412 or [ABooterbaugh@mtaloy.edu](mailto:ABooterbaugh@mtaloy.edu)

By: Monday, October 16th

Complimentary light lunch provided