

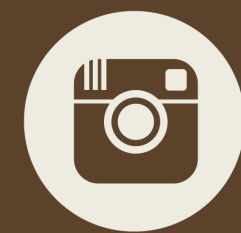
Nutrition With the Dietitian



*with Carolyn
Holland, R.D.*

Reach out to Carolyn at
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www.framingham.sodexomyway.com/health



Join Carolyn for Mindful Mondays and Wellness Wednesdays this semester!

April 2018

Tea Time w/ Jen Hyde 4/2

Join Carolyn during lunch to learn more about tea and make your very own tea blend. Plus learn about studying abroad with Jen Hyde!

Nutrition Fair 4/3

Join FSU's own nutrition students as they present the Nutrition Fair. Learn how to DIY in the Dining Commons, partake in interactive games, and taste delicious recipes!

Hydration Station 4/9

As the weather starts to warm up, focus on staying hydrated! Learn tips and tricks to stay hydrated this spring! Plus make your own fruit infused water.

Fresh Check Day 4/11 (In the Forum from 12:00 - 2:00pm)

Join FSU's SEALS as they present Fresh Check Day. Carolyn will be there presenting information on food and mood! Take part in interactive games and try free samples!

Earth Day Celebration 4/19

We are celebrating Earth Day early! Join Carolyn and Rachael to pedal your way to your own smoothie! Plus pot your own plants while supplies last.