

Lecture focuses on food for health

Join Barton Health registered dietitian Lynn Norton as for an educational and fun journey to better health on May 24 from from 6:30-7:30pm at Kahle Community Center in Stateline.

The talk is geared toward adults and for anyone looking to understand the impact of the food on our health. Norton will address the positive and negative impact of food choices, portions and habits, both long-term and short-term.

The talk will encourage audience commentary and will be followed with a formal question and answer session.

Go online for complete details and the 2011 lecture series line-up. For more information, call (530) 543.5656.