

Lecture about maximizing nutrition and exercise

Paula Crenshaw of Barton internal medicine on Nov. 7 is giving a lecture about how to maximize nutrition and exercise for busy lives.

The 6pm talk at Kahle Community Center in Stateline is free.

The discussion will focus on: Food vs. vitamin pills? Research shows why food nutrients are better than supplements. What foods have the greatest nutrient value? Become a savvy consumer. Organic? When and why to buy organic foods. No time to get fit? Get the most benefit from exercise in less time.