

Congregation B'nai Torah presents Healthy Aging with Nancy Dell



March 26, 2019 @ 7:00pm



Nancy Dell, MS, RDN, LDN, CDE

Nancy is best known for her "Food for Thought" nutrition news segments that have aired on NBC's WWLP news since 1984. As a spokesperson for *Guiltless Gourmet Tortilla Chips* and *Yoplait Yogurt*, she has appeared on the *TV Food Network*.

She attributes her success to the fact that she believes patients should not "diet". We can love the food we eat as we improve our health.

We are thrilled to have Nancy Dell join us since numerous large companies in the area hire her to train employees to improve eating habits.

Nancy received her Bachelor's degree in biology from Westfield State College and her Master's degree in human nutrition from the University of Massachusetts.

The first year that the Massachusetts Department of Public Health awarded the "Excellence in Nutrition Education Award", Nancy was an honored recipient.

***There is no cost for the evening but we are requesting
reservations! 413-567-0036
2 Eunice Drive, Longmeadow, MA 01106***