

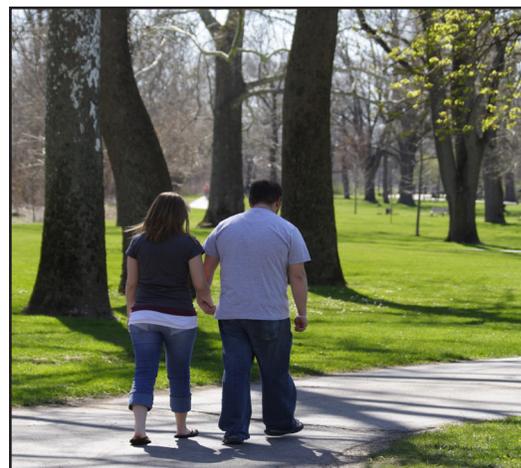
OCTOBER

21

Healthy Living:
preventing or
reducing
the effects of
obesity

Tennessee State
University

3500 John A. Merritt Blvd.
Farrell-Westbrook Complex
Room 118 Nashville, TN



TENNESSEE
STATE UNIVERSITY

Cooperative Extension Program

Third Tuesday Field Days & Educational Workshops

Tuesday, October 21, 10 am - 2 pm

Can we make obesity healthy (ier)? Defining pathways to reduce obesity-related cardiovascular disease.

Dr. John Stafford, Assistant Professor, Vanderbilt University

Heather's Healthy Habits: "Doing it for ME!"

Ms. Heather Gum, UT/TSU Extension Program Assistant, Rutherford County

Simple steps to prevent diabetes

Ms. Stacey Kendrick, Health Educator, Vanderbilt University

\$10 Registration Fee (includes lunch)

To register, contact Dr. Jason de Koff at 615-963-4929 or jdekoff@tnstate.edu