



**Dietetic Intern's Present:
Organic vs. Conventional:
Which is the greener side?
And
The Meat on Vegetarianism**

Educating to make healthier choices

Ally Glavan graduated from the University of Illinois with a degree in Human Nutrition. She continued her studies in Dietetics at Bradley University and is currently a Dietetic Intern at Ingalls Memorial Hospital.

Mary Hayen graduated from the University of Illinois with a degree in Dietetics. She is currently a dietetic intern at Ingalls Memorial Hospital.

Ally is discussing Organic and Conventional farming techniques and how they are affecting the food we eat; pesticides, hormones and everything in-between

Mary is presenting on choosing a vegetarian lifestyle and the latest vegetarian guidelines; how to obtain adequate nutrients while choosing to eat meat-free

Come Join us at Cemenos Pizza on Tuesday, Jan 31. From 6:30-8:00pm. All are invited! \$10, pay at the door. We look forward to sharing our insight on nutrition! Confirm via email:

jglavan60@sbcglobal.net or by phone: 815-545-7144