

PRESS RELEASE

JEWISH FAMILY SERVICE OF WESTERN MASSACHUSETTS

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Join JFS for educational presentation on Food, Nutrition & Health

Springfield – Do you love to eat? Food is essential for basic life functions, energy levels, and development. The body needs to function at an optimal level so it can prevent future health issues. Join us for “**Food, Nutrition & Health**” on Thursday, July 28, 2016, 1:00 p.m. to 2:00 p.m. in Jewish Family Service’s Community Room, 1160 Dickinson Street, Springfield, MA. Proper nutrition knowledge is the key to making good food choices and sustaining good health.

Mabel Santiago, Medical Social Worker at Guardian Healthcare will cover topics including:

- Understanding nutrition labels
- Relationship between metabolism and energy
- Effects of salt/sodium on cardiovascular system
- Benefits of staying hydrated
- Risks of added sugar

This program is free and open to the public. Light refreshments will be served.

Please pre-register. RSVP online www.jfswm.org or call 413.737.2601.

For more programs, visit www.jfswm.org.

Founded in 1915, Jewish Family Service’s mission is to provide exceptional social services, grounded in Jewish values, to support and empower individuals and families from diverse cultural and economic backgrounds.

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Jewish Family Service of Western Massachusetts is a beneficiary agency of the Jewish Federation of Western MA.