



## Peconic Bay Medical Center's Nutrition Lunch & Learn

July through December, 2019, 12-1pm  
Peconic Bay Medical Center, 1300 Roanoke Avenue, Riverhead, NY  
Conference Room A & B (2nd floor)

- July 17th..... Exercise
- August 21st ..... Eating For Breast Health
- September 4th ..... Food Safety Basics
- October 2nd ..... Plant Based Eating
- November 6th ..... Handling Holiday Stress
- December 4th..... Food and Mental Health

 To register, call  
**(631) 548-6395**