



**FOR IMMEDIATE RELEASE: MARCH 3, 2011**

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**Cut Out the Fat: A Nutrition Education Program**  
*Sponsored by the Trumbull Monroe Health District*

Are you on nutrition overload? Have you lost track of the changes made to the food pyramid?

Are you looking for ways to make your favorite recipes heart healthy?

If you answered “yes” to any of these questions, then this program is for you! The Trumbull Monroe Health District (TMHD) will be sponsoring a nutrition education program called “Cut Out the Fat,” beginning Wednesday, March 23, 2011. This is a four session program and interested participants are asked to attend all four sessions. Each session is two hours long. Light refreshments will be provided. Programs will take place on:

- Wednesday, March 23, from 6:30 – 8:30 p.m., at TMHD, 2 Corporate Drive, Suite 116, Trumbull
- Wednesday, March 30, from 6:30 – 8:30 p.m., at TMHD, 2 Corporate Drive, Suite 116, Trumbull
- Wednesday, April 6, from 6:30-8:30 p.m., at Masuk High School, Culinary Arts Room, 1014 Monroe Turnpike, Monroe
- Wednesday, April 13, from 6:30 – 8:30 p.m., at TMHD, 2 Corporate Drive, Suite 116, Trumbull

This program consists of free blood pressure screenings, weight and height measurements, calculation of body mass index, exercise, cooking and much, much more. It is free and open to

those 21 years of age and older. Pre-registration is required. Seating is limited. Contact TMHD at 203-452-5195 to register today!

“This program is not the traditional nutrition course,” stated Patrice Sulik, TMHD Director of Health. “We obtained services from a local registered dietician, Mari Jackson, and certified chef and food sanitarian, Ed Malik. This program will provide quality information, healthy cooking tips, and get you on your way to achieving and/or maintaining good cardiovascular health.”

Program topics include health assessment and nutrition basics, nutrition and exercise for improved wellness, understanding food labels, and cooking healthy and safely.

Mrs. Jackson is certified in Adult Weight Management, and has significant experience in diverse clinical and community settings. Her background includes medical nutrition therapy and nutritional counseling.

Ed Malik, RS, is a registered food sanitarian and graduate from the Culinary Institute of America. He will prepare a healthy dinner for all registered participants on the third class. Healthy cooking tips and suggestions for recipe substitutions will be provided.

This program is possible due to a grant received from the Connecticut Department of Public Health.

Seating is limited. Register today! Call TMHD at 203-452-5195. For more information contact Sue Jacozzi, TMHD, at 203-452-5195.

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The mission of the Trumbull Monroe Health District is to protect the health of residents, and to prevent disease. For more information on the Trumbull Monroe Health District call 203-452-5195, Monday through Friday from 8:30 a.m. – 4:30 p.m. or visit our website at [www.tmhd.org](http://www.tmhd.org).