



# UNIVERSITY OF SAINT JOSEPH

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## CONNECTICUT

**FOR IMMEDIATE RELEASE**

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## **University of Saint Joseph Lecturer Extends Invitation For a “Nutrition Tune-Up” Tuesday, May 7, 2013 at 11:00 a.m.**



WEST HARTFORD, CONN. (April 24, 2013) – With so much conflicting information about diet and nutrition available, Anne Davis, Ph.D., R.D., assistant professor of Nutrition and Dietetics at the University of Saint Joseph (USJ), separates food facts from myths during the Mercy Lecture at 11 a.m. on **Tuesday, May 7, 2013, in the Crystal Room of Mercy Hall, on the university’s West Hartford campus at 1678 Asylum Avenue.** Admission, which is open to the public, is \$25 per person and includes lunch. Registration deadline is Tuesday, April 30. Contact Stephen Kunnick, manager of the Annual Fund and Alumni Relations, at 860-231-5323 or [alumni@usj.edu](mailto:alumni@usj.edu).

In her presentation, “Tune Up Your Nutrition for the 21<sup>st</sup> Century,” Dr. Davis will address questions related to probiotics and antioxidants, good fats and bad fats, and portion size and dress size. She also will discuss fast, frugal, nutrient-rich meal options.

This session in USJ’s Mercy Lecture Series, is sponsored by the Office of Alumni Relations and designed to offer alumni and the community exclusive, thought-provoking lectures on topics that dominate today’s headlines.

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*The University of Saint Joseph (USJ) offers a wide range of graduate, undergraduate, and certificate programs that combine a professional and liberal arts education with a focus on service. Coeducational*

*graduate master's and doctoral degree programs are taught on the university's two campuses in West Hartford and Hartford, Connecticut; at off-campus locations throughout the state; and online. Undergraduate programs for women and for coeducational adult students take place on our beautiful suburban campus and include more than 22 majors and six pre-professional programs, each of which provides personal attention in a caring environment. Founded in 1932 by the Sisters of Mercy, the University of Saint Joseph welcomes students from diverse backgrounds and religious traditions. To learn more, visit our website at [www.usj.edu](http://www.usj.edu).*

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