



Women in Leisure Services - Chi Chapter
**LUNCH & LEARN: UNRAVELING
THE TRUTH ABOUT SUGAR**
PRESENTED BY DINA GENOVESE

Friday, September 20
11:30am-1:00pm
Oak Brook Park District
Park Central West
1500 Forest Gate Road, Oak Brook

Register online at chiwomen.org
Members \$20 / Non-members \$30
Lunch from Panera Bread included

Sugar.

Such a simple word, yet such a complex topic. Do you worry you're eating too much sugar, and how much is too much? Is sugar as bad for you as everyone says? Join us as we discuss the truth about sugar and why we actually need sugar in our diets. You will learn the difference between natural versus added sugar, ways sugar can lead to chronic inflammation, and why a sugar "habit" is so hard to kick.

The truth about sugar is not all bad news because not all sugar is created equal. You will understand the difference with this informative session.

Dina Genovese is a Registered Dietitian Nutritionist and avid fitness and sports enthusiast, having completed multiple marathons (including Boston) and triathlons. In addition to her role as a consultant to Health Club and Fitness Centers, Dina is a Consulting Nutritionist for the National Head Start program. Dina earned her original degree from Baylor University, and furthered her studies at Dominican University to become a Registered Dietitian in 2010.