



The Nutritious Climb

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Nutrition Seminar Series:

November 18, 2013 Mindful Eating for the Holidays
<https://media.quinnipiac.edu/Mediasite/Play/86a980c9aea94b778e99e45906a683411d>

September 23, 2013 Dieting Craze: Myths vs. Reality
<http://www.myq.quinnipiac.edu/welcome/nutrition>

October 21, 2013 The Scoop on Dietary Supplements
<http://media.quinnipiac.edu/Mediasite/Play/00cb102703bd4a099e5ac4eddfcaac361d>

March 25, 2013 10 Keys for Healthy Eating
[Click here](#)

April 22, 2013 Eating for All-Day Energy
<http://media.quinnipiac.edu/Mediasite/Play/f697103145d647479189549f5e4b4cfe1d>

May 2013 SEEC series:

		Description
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11:45a m – 12:00p m	Arthritis Association Sue Nesci	A discussion of types of arthritis and how to manage for the best outcomes. http://media.quinnipiac.edu/Mediasite/Play/cb33db6470614360bc932c98d8f2e13d1d
12:05p m – 12:20p m	Alternative Health Care Rhea Sanford	An overview of non-traditional treatment alternatives that may improve health and complement current health care http://media.quinnipiac.edu/Mediasite/Play/60c6187b1f8e46a4b169abb18722758b1d
12:25p m – 12:40p m	Alzheimer's Association Maria Tomasetti	Discussion of Alzheimer's disease, options for care, and ways to support a loved one with AD http://media.quinnipiac.edu/Mediasite/Play/afabbacc80b4441b82169751cdeba5ff1d
12:45p m – 1:00pm	La Leche League Anne Murphy	An overview of breast-feeding options for mothers of babies. http://media.quinnipiac.edu/Mediasite/Play/fa4af306a6e64ceba1f51f9f2f7fbb901d
1:05pm – 1:20pm	Health Care Incentives Anthem Michele Wysmuler	An overview of incentives provided by Anthem to promote great health for the QU faculty/staff. http://media.quinnipiac.edu/Mediasite/Play/ce4de5dea59a4c00b76912086a129c2b1d
1:25pm – 1:40pm	Diabetes Professor Debra Fisher	Overview of Type I and Type 1 diabetes, balancing diet, exercise, and blood glucose levels. http://media.quinnipiac.edu/Mediasite/Play/60484fa7a7434755b2276c22054c32071d