



Recreation Department Presents

Nutrition Series

Please join us in the Wellness Resource Center
Room 205, Power Center for:

“Why You Need To Eat To Lose Weight”
November 4th, 5:30 PM – 6:30 PM
w/ Barb Benedict, RD

Having trouble losing weight? Maybe it's what you're not eating. It's hard to believe, but to safely lose weight and keep it off you need to eat a wide variety of foods all day long.

“Dining Healthy on Campus”
November 11th, 5:30 PM – 6:30 PM
w/ Lisa Lipp, RD

Want healthy options on campus, but aren't sure where to look? Let us take the guess work out for you! Join Lisa for an expert's inside look at your campus dining options and how you can avoid the college weight gain pitfall!

RSVP to fitness@duq.edu

Barb Benedict has been working in the field of clinical nutrition for the past 18 years and in the Department of Health Service at the university for the past 6 years. She has a Bachelors degree in nutritional science from Rutgers University and a Masters degree in Health and Rehab science from the University of Pittsburgh. Barb is a licensed registered dietitian.

Lisa Lipp earned a Bachelor's and Master's degree from the University of Pittsburgh in Clinical Dietetics and Nutrition. She has 23 years of experience in nutrition and food service. Prior to working with Aramark in colleges and universities, she was a clinical dietitian and Asst Director of Patient Services at UPMC.