

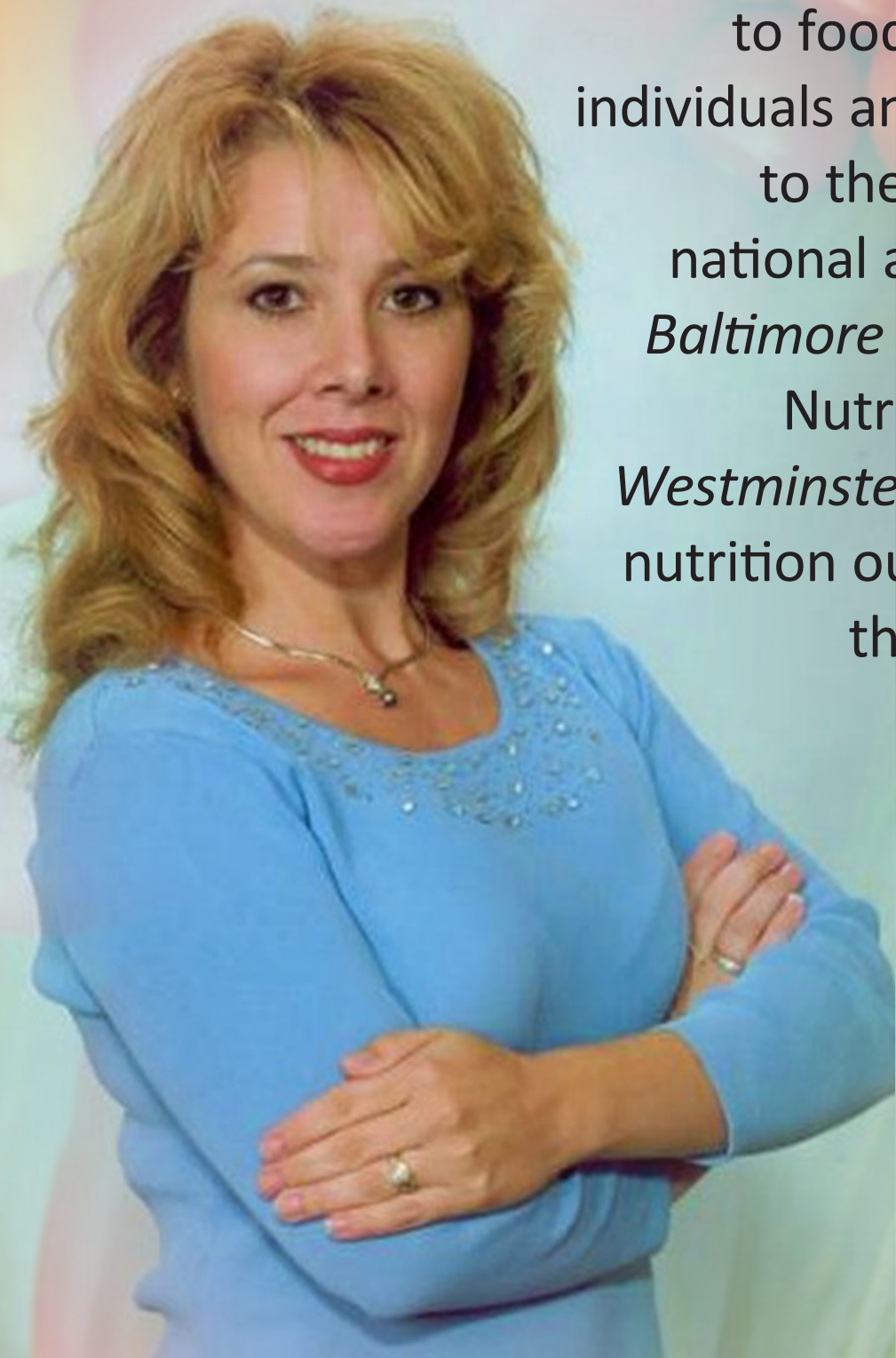
# Nutrition: Your Questions Answered By An Expert

For Adults

## Saturday, 6/6 at 11 AM

Local Registered Dietitian/Nutritionist, Judith Feola Gordon will answer your questions about nutrition. Email Ms. Gordon ahead of time at [finksburglibrary@judithgordon.com](mailto:finksburglibrary@judithgordon.com) or bring your questions to the program. Emailed questions will be answered first, followed by audience questions. Judith's practical approach

to food, nutrition and fitness has inspired individuals and families to make simple changes to their lifestyle. Judith has appeared on national and local television, featured in the *Baltimore Sun*, on [ivillage.com](http://ivillage.com), and Food and Nutrition columnist for the *Advocate of Westminster and Finksburg*. "Getting the most nutrition out of every calorie, at a value price, that fits your limited time schedule."



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