

FEEL FANTASTIC

Eat Food, Get Fit, & Maximize Your Health

A Healthier Me! Skills Workshop Series



This fun and interactive workshop will help translate the science of nutrition into practical changes you can make in your life to be your best. Bring your curiosity and learn the low down on what works and what doesn't with food, supplements, and exercise.

Dinner provided!

speaker **ALAN LEE**

Alan Lee, RD, CDE, CDN, CFT has over 12 years of experience as food, nutrition, and fitness expert. He currently works as a nutrition consultant at Asian & Pacific Islander Coalition on HIV/AIDS (APICHA). He also works as a certified diabetes educator at the Diagnostic & Treatment Center at North General Hospital in East Harlem, NY.

He is an alumnus of The New York University Nutrition & Food Studies Program. Alan was named a Recognized Young Dietitian of the Year from the American Dietetic Association. Alan has been quoted as a nutrition and fitness expert in Men's Fitness and The Journal Of The American Dietetic Association. He is a sought after speaker and most recently, he was a guest lecturer for a graduate level nutrition course "Complementary & Alternative Nutrition Therapies" at NYU.

date **MON 12/8**
time **6pm**
location **APICHA**
400 Broadway
(entrance on 70 Walker St)
N,R,Q,W,A,C,6 to Canal St

Project Connect is a program created by APICHA to improve health for the lesbian, gay, bisexual, transgender, queer, questioning, intersex (LGBTQI) Asian and Pacific Islander (A&PI) communities. All *A Healthier Me! Skills Workshops* are tailored for LGBTQI A&PIs and FREE. Allies are welcomed.

Want to know about all our monthly workshops? Please contact Project Connect for dates and information!

Please RSVP

☎ 1.646.744.0990

✉ projectconnect@apicha.org