

# CULINARY CONFUSION:

## BREAKING DOWN TODAY'S DIET FADS

**You've heard terms like Paleo, GMO, Gluten-Free and Keto, but what do they all mean?**

Join Meagan Walters, a Montefiore St. Luke's Cornwall Registered Dietitian, for this free presentation about understanding different eating plans and diets in order to help make healthier decisions for you and your family.



**MONDAY, JULY 8 • 1 PM**  
**CORNWALL PUBLIC LIBRARY**  
**395 HUDSON STREET • CORNWALL, NY**



Register online at <http://bit.ly/mslcevents> or call (845) 784-3849.

Walk-ins are welcome, but registration is encouraged.

[www.MONTEFIORESLC.ORG](http://www.MONTEFIORESLC.ORG)    

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