Cherokee Regional Medical Center 300 Sioux Valley Drive Cherokee, Iowa 51012

PRESS RELEASE

CONTACT: Kent Lundquist (712)225-3368 ext. 259 klundquist@cherokeermc.org

February 27, 2013- FOR IMMEDIATE RELEASE!

CHEROKEE REGIONAL MEDICAL CENTER TO HOST FREE "HEALTHY EATING ON A BUDGET" LUNCH AND LEARN EVENT

In recognition of March as National Nutrition Month, Cherokee Regional Medical Center will be hosting an educational lunch and learn program titled "*Healthy Eating on a Budget*". CRMC Registered Dietitian Lindsey Currie, MS, RD, LD, will be the featured speaker and she will provide helpful information on how to eat healthy within a budget.

"Many people think that the only way to eat healthy is to spend a lot of money. This event will help to dispel some of these myths and educate the participants on how to choose inexpensive foods that will still provide variety and nutrition to their diet," says Currie.

The lunch and learn program will be held from 12:00 - 1:00 p.m. on Thursday, March 21, 2013 in the Cherokee Regional Medical Center 1st Floor Conference Room. The free event is open to the public and a complimentary healthy lunch will be provided.

Space for this event is limited and pre-registration is required. To RSVP, please contact Leann Bush at (712) 225-3368 ext. 200 or via email at leannb@cherokeermc.org by **Friday, March 15, 2013.**