

# Sign up for a Dining Hall Tour with Stephanie, our Campus Dietitian

**Wednesday from 1:30 – 2:15 pm**

**September 12 – Sadler**

**September 19 – Commons**

**September 26- Marketplace**

What are the healthiest options?  
Where can I eat if I have a food allergy?  
How can I follow a plant based diet?  
What is Mindful?  
And more!

**To Register Email Stephanie  
[smmay@wm.edu](mailto:smmay@wm.edu)**

**Space is Limited**



**NUTRITION SERVICES**

