

# Free Community Education Program

**FALL  
2024**

Registration is required!



## Sodium Savvy Eating & Cooking Demonstration

**Date:** Tuesday, November 12

**Time:** 5:00 p.m. - 6:30 p.m.

**Site:** Manchester Memorial Hospital

Your body needs a small amount of sodium to work properly, but too much sodium is bad for your health. Americans consume more than 3,300 milligrams (mg) of sodium per day, on average. This is well above the federal recommendation of less than 2,300 mg per day. Join Registered Dietitians Bridget Sutherland, RDN and Lauren Rosenfield, RDN as they share information on sodium intake, how it affects your health and how to reduce sodium in your diet. To add some practical fun, there will be a cooking demonstration focused on holiday favorites.

Every year, we dedicate time and resources to enhance the overall health and wellness of our communities by offering FREE educational programs to individuals and families. We invite you to join us and our healthcare providers in one of our many health education lectures.



Scan the QR Code to register online  
or call 860.533.6550 for assistance.

**ECHN**<sup>SM</sup>  
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