

NEWS RELEASE



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For Immediate Release

HOW TO SURVIVE HOLIDAY FOOD TEMPTATIONS. *Free Forum at Halifax HealthLink*

ROANOKE RAPIDS, NC. (November 8, 2010)—Halifax HealthLink will sponsor a special educational forum on eating healthy during the holidays on November 15.

Lauren Carroll, a dietitian at Halifax Regional, will discuss “surviving holiday food temptations.” She will discuss how to make better food choices and maintain weight during the holidays.

Carroll will discuss types of foods that are healthy and present modified recipes for healthy food. “Most people gain one to two pounds over the holidays,” said Carroll. “We are surrounded by food at work, at home, and wherever we gather with family and friends,” she said. “It’s a huge temptation to eat too much and the wrong food.”

Refreshments will be served, including a healthy holiday treat.

A native of Roanoke Rapids, Carroll graduated from East Carolina University with a degree in nutrition. Her internship is from Western Carolina University.

The forum will be held at 10:30 a.m. and repeated at 6 p.m. on November 15 at Halifax HealthLink in Becker Village Mall. There is no charge for the forum. Contact Jackie Cieslinski at 252 535-4334 or jcieslin@halifaxrhc.org for more information. Halifax HealthLink is a service of Halifax Regional.

About Halifax Regional

Halifax Regional Medical Center is licensed for 204 beds, including psychiatric and nursery. A non-profit organization, Halifax Regional is fully accredited by the Joint Commission. For more information, visit www.halifaxregional.org.