

The Relationship Between Energy, Fitness & Nutrition

While many have heard of the calorie, its origins and how it became associated with diet and nutrition are less known. Learn the history of the calorie and how, as physics has advanced, we have learned more about the biophysics of energy and how best to apply this information to nutrition.



Tuesday, February 17

2:00 - 3:30 p.m.

Downtown Library Auditorium

Free & Open to the Public

presented by

Auston Cherbonneaux



Lulu Hunt Peters

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