

St. Ann Center for Intergenerational Care 'Science Cafe'

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Decoding food labels is the topic of this month's Science Café—a speaker series at St. Ann Center for Intergenerational Care-Bucyrus Campus, [2450 W. North Ave.](#) “Understanding Food & Nutrition Labels: The Path to Healthy Food Choices and Weight Loss” is set for **Tuesday, Oct. 31, 5:30 - 6:30 p.m.**, and is sponsored by the Medical College of Wisconsin's Clinical & Translational Science Institute.

Leading the discussion will be Andrea Moosreiner, a registered dietician with a graduate degree in public health who manages the Medical College's Bio-Nutrition Program. Her presentation will explore what food label terms mean—from all-natural to low-fat to organic. She'll also explain how understanding nutrition labels can aid healthy weight loss and maintenance strategies.

The program is part of a free monthly series, held the last Tuesday of each month exploring a variety of health topics. Health professionals can get Continuing Medical Education (CME) credit for attending, but anyone can attend. Light refreshments will be served.

For more information, call [414-210-2430](tel:414-210-2430), or visit <https://ctsi.mcw.edu/blog/news-events/october-science-cafe-understanding-food-nutrition-labels/>. You can register in advance by emailing ogarrison@mcw.edu.