



**For Immediate Release:** 10.13.08

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**Health Department to sponsor healthy eating program Nov. 5**

Healthier foods choices, portion control and dissecting food labels are just some of the topics to be discussed Wed., Nov 5 at *Truly Healthful Eating*, a nutrition program presented by dietitian Sue Evon and the *Community Action Team for Healthier Kids*.

The 90-minute program begins at 7 p.m. and will be held at the Beye Elementary School Auditorium, 230 N. Cuyler Ave. Residents as well as non-residents are invited, and families and children of all ages are encouraged to attend.

The goal of *Truly Healthful Eating*, sponsored in part by the Oak Park Department of Public Health, is to engage participants in how being informed on everyday food choices can benefit overall health. The session will also guide the audience on how to read food labels, understanding terms and phrases on food packaging, as well as the reality of portion sizes.

Sue Evon, MPH, R D, LDN is a registered dietitian and adjunct faculty member in the Nutrition Science Department at Dominican University in River Forest. Currently, Evon teaches several courses in medical nutrition therapy, nutrition counseling and nutrition education.

Evon also teaches *The Healthy Lifestyles Program*, an obesity and diabetes prevention program, at the Children's Clinic in Oak Park and at the Children's Center in Cicero. She is also a presenter for *Heart Smart for Women*, a heart disease prevention program offered by the Oak Park Health Department.

For more information on the *Truly Healthful Eating* program or this event, contact the Health Department at [health@oak-park.us](mailto:health@oak-park.us) or call 708.358.5487.

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