



DOWNSTATE  
HEALTH

**Thursday,  
March 12, 2026**

**11:30 am – 2:00 pm**

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**Location:  
A1-301 - Lounge  
(across from  
Mini Mart)**

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This event is to celebrate March being National Nutrition Month, to educate hospital employees & visitors about strength and frailty, to celebrate the power of nutrition and so the rest of the hospital can meet our amazing team of dietitians!

Downstate's Food and Nutrition Services  
Clinical Nutrition Team is Celebrating

# National Nutrition Month

**Discover the Power of Nutrition**

Join our team of registered dietitians to discover the power of nutrition and test your strength! Our team will be conducting handgrip strength tests using a Jamar dynamometer, allowing you to better understand your muscle strength. Afterwards, power up with a healthful snack and equip yourself with knowledge about preventing frailty, strength-based exercises and eating well on the go.