



Lunch & Learn

22 June 2016

Bldg 3700

Multi-Purpose Room (Main Lobby)

RSVP:

Sign up via email or phone to POC

1130:1230

**BRING
YOUR
LUNCH**

Four avocados are arranged on a white wooden plank background. Two are whole and green, and two are sliced in half, showing the yellowish-green flesh and the brown pit.

fuel your body

Guest Speaker:

Mrs. Yvette Ponder-MCCS Nutritionist/Health Educator

POC: [Command Safety Specialist](#), 229-272-0686,