



Join us for

NOURISH TO FLOURISH

Learn about Optimizing your Nutrition with

Mary Opfer, MS, RD, CDN, CCMS

Registered Dietitian, Educator, Chef and owner of Mary Opfer Nutrition



Mary is a registered dietitian with a master's degree from Teacher's College at Columbia University and the founding clinical professor of culinary nutrition in the Master of Science in Nutrition and Dietetics Program at Pace University.

She combines her restaurateur career with her food-science expertise to develop original recipes that appear in well-known cookbooks and her own: *Clean Eating for Two*.

Thursday, March 13, 2025

4:15 PM - 5:15 PM

Culinary Dining Room, Student Center 153

Light refreshments will be provided.

RSVP by March 10th by filling out this form:

<https://forms.office.com/r/JZC3Yrx91b>



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