



**Jefferson County**  
**PUBLIC HEALTH SERVICE**

Public Health Facility, 531 Meade Street, Watertown, New York 13601

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For Immediate Release

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Health Planner -786-3723

**[Learn to Eat More Fruits and Veggies with Free Class at Public Health](#)**

**March 10, 2014 Watertown, NY** - The [Jefferson County Public Health Service \(JCPHS\)](#) is offering a free nutrition education class, **Enjoy the Taste of Eating Right**, in celebration of National Nutrition Month. Each March the [Academy of Nutrition and Dietetics](#) celebrates National Nutrition Month to focus on the importance of making informed food choices, having good eating habits and good physical activity habits.

Jill Joyce, a Registered Dietician at JCPHS will demonstrate and teach about ways to use fruits and vegetables in more creative, appealing ways. The class will include handouts, discussions, sampling and plenty of opportunity to ask questions.

The class is scheduled for Thursday, March 20<sup>th</sup> from 11am to 12:30pm at the Public Health Facility, 531 Meade Street, Watertown, NY. There is no charge for the class. You may register by calling 786-3710.

For more information about services the JCPHS offers go to [www.jcphs.org](http://www.jcphs.org)

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