

Dietary Approaches for the Menopause Transition



Wednesday, December 4th

6:00–6:30pm Registration

6:30–7:15pm Presentation

7:15–7:30pm Q&A

Speakers

- [Nicole Lund, MPH, RDN, Clinical Nutritionist](#)

NYU Langone Orthopedic Center

333 East 38th Street
6th Floor Conference Room

Topics

- Evidence-based weight management strategies
- Why protein matters and how to ensure you get your individual daily needs
- How your diet can support your health as you age
- Anti-inflammation, gut health and carbohydrates

RSVP

sportperformancecenter@nyulangone.org

This lecture is free and open to the public.

For questions, please contact Heather Milton at
Heather.Milton@nyulangone.org