

# HEALTH EDUCATION SERIES

# Free Event!

Featuring Guest Presenter:

**MACKENZIE FEMREITE**

*Nutrition Advisor*

University of Idaho

Extension Eat Smart Idaho

Topic:

**CALCIUM:  
MILK IT FOR ALL  
IT'S WORTH**



June 20, 2013

6:00 p.m.

**Snake River Community Clinic**

**215 10th Street, Lewiston**



Calcium is a mineral needed by the body for healthy bones, teeth, and proper function of the heart, muscles, and nerves. The body cannot produce calcium; therefore, it must be absorbed through food. Good sources include dairy products, dark green leafy vegetables, calcium fortified foods and nuts.

Source: Centers for Disease Control and Prevention: - <http://www.cdc.gov>.



**Public Health**  
Idaho North Central District

For more information, contact Deb Merica at  
Public Health - Idaho North Central District (208) 799-0379.

[www.idahopublichealth.com](http://www.idahopublichealth.com)