

Upcoming Nutrition and Wellbeing Series!

"Nutrition Myth-Busting:
Advice is everywhere - but how do you know what to believe?"

A Two-Part Lecture Series with Dr. Jessica Garay, Ph.D., RDN, CSSD, CSCS, FAND

Social media, influencers, trending diets, wellness products, and conflicting headlines can make it difficult to separate credible nutrition guidance from the latest health craze. Join Dr. Jessica Garay, Registered Dietitian and Nutrition Professor, for a two-part Nutrition Myth-Busting series designed to cut through the noise and distinguish fact from fiction, popular claims from scientific evidence, and quick fixes from strategies that actually support long-term health.

Each session will take a closer look at common myths and misconceptions while providing practical, evidence-based information you can use to make more informed decisions about your health and wellness.

Session 1



From Fuel to Recovery: Debunking Nutrition, Sleep, and Stress Myths
What really matters when it comes to fueling your body, getting quality sleep, and managing stress? Dr. Garay will dissect some of the most common wellness advice and explore how nutrition, sleep, and stress work together to influence energy, performance, and recovery. Walk away with practical, evidence-based strategies you can put to use in everyday life.

Session 2



Gut Check: Real Solutions for Weight Loss & Digestive Health
From trendy diets and weight-loss promises to probiotics and “gut health” hacks, nutrition advice can be difficult to navigate. Dr. Garay will cut through the noise and explore what the evidence really says about healthy weight management and digestive health. Discover realistic, sustainable strategies for supporting your health without falling for the latest nutrition fad.

HOW TO ATTEND

Where: McKenna Conference room, Blood Fitness Center

When:
- **SESSION 1:** Wednesday, Sept. 30th 12:05 - 12:55 p.m.
- **SESSION 2:** Wednesday, Nov. 4th 12:05 - 12:55 p.m.

Please **REGISTER** to attend these sessions either in-person (lunch provided) or via Zoom. Additionally, this presentation will be recorded and available for access afterwards.

Who is Dr. Jessica Garay, PH.D, RDN, FAND, CSCS?



Dr. Jessica Garay is an Assistant Professor of Nutrition at Syracuse University, and private-practice owner of Major League Wellness. Across both areas, Dr. Garay specializes in sports nutrition and performance, as well as health and weight management for all ages. Additionally, she serves as the Sports Nutrition consultant for Lemoyne College Athletics.

Dr. Garay brings a wealth of experience to high school, college, and recreational athletics through her extensive credentials as a Registered Dietitian Nutritionist, a Fellow of the Academy of Nutrition and Dietetics, a Certified Strength and Conditioning Specialist, and as a 200-hour Registered Yoga Teacher.

Questions

Email **Stephanie Kowell**
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