

Contact Professional & Continuing Education The University of Memphis 101 Brister Hall  
Info: Memphis, TN 38152 901.678.6000 (voice) 901.678.2430 (FAX)  
umce@memphis.edu <http://umce.memphis.edu>

Printer Friendly Version

**You Are What You Eat**

**Course Status** Not Yet Available

**Course Code** RHL00901SU

**Description** Do you ever wonder what nutrition information to believe or have a hard time deciphering the constantly-changing messages that food “experts” give us? If you want to finally understand how to eat for health, energy, and wellness, this course is for you. Find out about types of nutrients, how much you need, functional foods, grocery shopping, meal planning, and physical activity recommendations. Also learn about reading food labels as well as navigating the internet for reputable nutrition information. Sessions will be interactive and loaded with nutrition tools you can put to use right away.

**Days** Tu

**Dates** 6/17/08 - 6/24/08

**Times** 6:30 PM-8:00PM

**# of Hours** 3

**Teacher** Schilling, Leslie

**Teacher Bio** Leslie Schilling is the owner of Schilling Nutrition Therapy, LLC in Memphis, TN. Schilling is a master’s level, registered/licensed dietitian who specializes in wellness, weight management, eating disorders and sports nutrition. She has worked with recreational, high school, collegiate, and professional athletes and has worked in many practice settings, as well. At the University of Memphis, she is an adjunct instructor for the Graduate Nutrition Program. In 2006-2007 Schilling was the President of the Memphis District Dietetic Association, and was also named the 2006 “Memphis and Tennessee Recognized Young Dietitian of the Year.”

**CEU(s) Earned** 0.3

**Location** UofM Main Campus

**Fee(s)**

Course Fee \$ 49

**Total Fees \$ 49**