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FOR IMMEDIATE RELEASE

Nationally Renowned Nutrition Expert Dr. Liz Applegate Hosts Breast Cancer Prevention Presentations at Roseville's Nugget Market

Four free 20-minute presentations scheduled for Friday, October 17

ROSEVILLE, Calif.: Nugget Market in Roseville (771 Pleasant Grove Blvd.) teams up with UC Davis' director of sports nutrition Dr. Liz Applegate to present four free 20-minute presentations (followed by a 10-minute question and answer session). The topic is "Six Must-Eat Foods for Breast Cancer Prevention." The presentations are free to the community and are scheduled from 10:30am to 12:30pm at Roseville's Nugget Market.

"What an honor it is to join Dr. Liz Applegate in the fight against breast cancer," says Kedrian Brown, store director of the Roseville Nugget Market. "All of us here at Nugget are thrilled to have Dr. Liz with us in person as she shares her expert advice with the community."

In addition to being an expert in fitness and nutrition, Dr. Applegate consults with student athletes and teaches the largest general nutrition class in the UC system. She's also the nutrition columnist for Runner's World magazine, and she pens "Health Notes from Dr. Liz" in Nugget Market's free bi-weekly "Fresh to Market" e-newsletter.

Dr. Applegate's presentation covers genetics and lifestyle, current breast cancer statistics, myths and facts regarding foods and breast cancer, and the optimal diet to lower the risk of breast cancer. Attendees will also enjoy nutrition bar samplings from Think Pink along with tastings from Republic of Tea.

To sign up for Nugget Market's "Fresh to Market" free on-line newsletter (filled with demos, tips, store specials, recipes, and more) visit www.nuggetmarket.com.

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