

OCTOBER 17, 2008

FOR IMMEDIATE RELEASE

**Nationally Renowned Nutrition Expert Dr. Liz Applegate Hosts Breast Cancer Prevention Presentations at Nugget Market, EDH**

Four free 20-minute presentations scheduled for Saturday, October 25th

**EL DORADO HILLS, Calif.:** Nugget Market in El Dorado Hills (4500 Post St.) 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." These community presentations are free to the public and are scheduled from 10 am to 12pm at the EDH Nugget Market.

"We're wholeheartedly committed to defeating breast cancer," says Randy Wehman, store director of EDH's Nugget Market. "All of us here at Nugget are thrilled to have Dr. Liz on hand to share advice and offer tips on how to lower the risk of breast cancer through a healthy diet."

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. Liz 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. Nugget will provide attendees with in-store samples of the cancer-fighting foods mentioned by Dr. Liz in her presentation.

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](http://www.nuggetmarket.com).

#####