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FOR IMMEDIATE RELEASE

Nationally Renowned Nutrition Expert Dr. Liz Applegate Hosts Breast Cancer Prevention Presentations at Nugget Market in Davis

Four free 20-minute presentations scheduled for Saturday, October 11, at the Nugget Market on E. Covell Blvd.

DAVIS, Calif.: Nugget Market 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 10am to 12pm at Nugget Market, located at 1414 E. Covell Blvd in Davis.

"All of us here at Nugget Market are fully dedicated to doing whatever it takes to eradicate breast cancer," says Lance Benton, store director of Nugget Market on E. Covell. "It's a true honor to team up with Dr. Liz Applegate as she shares her expert advice regarding ways to lower the risk of breast cancer through diet and nutrition."

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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