



North Country Healthcare Volunteer **NUTRITION** Education Session



Tiffany Sweatt,
Registered Dietitian,
MS, RD, LD, CDCES

The journey to better health starts with what we choose to eat. National Nutrition Month reminds us that small, informed food choices can lead to lifelong healthy habits.

Wednesday, March 18, 2026

Mount Success Conference Room
Androscoggin Valley Hospital
Berlin, NH 03570

1:00pm - 2:00pm

RSVP today!

You can RSVP on the events page of the NCH Volunteer Portal or by notifying volunteer coordinators, Michelle Brault or Candy O'Neil. Space is limited. Please RSVP by Friday, March 6th.

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