

# CUYAHOGA VALLEY CAREER CENTER

## *Community Wellness Presentation*

### “Nutrition for Healthy Eyes”



**Tuesday, November 14, 2017**

**1:00 p.m. - 2:00 p.m.**

**The Valley Inn Restaurant at CVCC**

- Hosted by CVCC and presented in collaboration with the Cleveland Clinic.
- Light refreshments prepared by CVCC's Culinary Arts students will be served.

As people age, many will notice their vision changes over time. There are preventive measures you can take to keep your eyes healthy. Join **Cleveland Clinic Optometrist, Cathy Pappas-Bravo, OD**, as she discusses how diet and nutrition play an important role in maintaining lifelong eye and overall health.

Free event, registration required.

Register by: November 7, 2017 to Marie Elias at  
melias@cvccworks.edu or online at: <http://tinyurl.com/CVCC-11-14-17>

Serving the school districts of: Brecksville-Broadview Heights ♦ Cuyahoga Heights ♦ Garfield Heights ♦ Independence ♦ Nardon Hills ♦ North Royalton ♦ Revere ♦ Twinsburg

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