



# OUR SAVIOUR'S LUTHERAN CHURCH

160 Hill Farm Road, Fairfield, CT [oursaviours.net](http://oursaviours.net)

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For Immediate Release

## **Our Saviour's Hosts 'LifeTalk' on Better Nutrition in the New Year *Nutritionist Susan Mudd is Guest Speaker on January 29***

**FAIRFIELD, Conn.**, January 7, 2017 – Our Saviour's Lutheran Church is hosting "New-trition in the New Year," a community presentation on Sunday, January 29, at 12 pm, featuring guest speaker Susan Mudd, a nutritionist who will discuss how eating better can improve your health.

The event, which is free and open to the public, is part of the church's "LifeTalk" series of speaker-led conversations exploring issues of concern to the community. Coffee and refreshments will be served.

Mudd will guide her audience through some tried-and-true practices for managing weight and for protecting against common health conditions – practices that ultimately lead to more energy, weight loss and better results at your next physical. In this one-hour talk, Mudd will:

- Dispel some diet myths and share what works best in her practice for long-term weight loss;
- Discuss the physiological effects of stress, poor sleep habits and sugar addiction;
- Offer a plan for health and tricks to help you stay on track;
- Share some suggestions for shakes and healthy snacks.



Mudd is a licensed, Certified Nutrition Specialist, who has practiced nutritional counseling for more than 15 years. She received her undergraduate degree at Boston College and her Masters Degree in Nutrition at the University of Bridgeport. She has worked in conjunction with doctors, chiropractors and physical therapists to educate and motivate patients on subjects such as weight loss, diabetes, gastrointestinal disorders and many other clinical conditions.

Our Saviour's is located at 160 Hill Farm Road in Fairfield. For more information, contact the church at (203) 255-0545 or visit [www.oursaviours.net](http://www.oursaviours.net).

### **About Our Saviour's**

Our Saviour's Lutheran Church, a congregation of the Evangelical Lutheran Church in America (ELCA), reaches out to the world and to its local communities with the Good News of the Gospel of Our Lord Jesus Christ. The congregation receives strength for this mission through Worship, Christian Education, Service, Benevolent Giving, Witness, Mutual Support and a commitment to grow in faith and participation. Our Saviour's is guided in the belief that, "As God Gives to Us, So We Give to Others." Holy Communion is celebrated during worship at 8:30 a.m. and 10:30 am each Sunday, with Sunday School and Adult Discussion held between services at 9:30 a.m. For more information, call (203) 255-0545 or visit us at [www.oursaviours.net](http://www.oursaviours.net).

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