

**MEDIA ADVISORY FOR IMMEDIATE RELEASE**  
**March 18, 2013**

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**Maryland University of Integrative Health hosts first Nutrition Expo and Celebration**

**LAUREL, MD — Maryland University of Integrative Health's** first class of graduate students in the Nutrition and Integrative Health Program is hosting a **Nutrition Expo on Thursday, March 21 from 6:30 p.m. – 8:30 p.m.**

This free and public event offers individuals and families a hands-on approach to making sense of the barrage of health and nutrition information they are faced with every day. Using an integrative and whole foods perspective on nutrition and food, some of the topics covered at the expo will include:

- Thriving on a Vegan Diet
- How to Make Fermented Foods
- The Food/Mood Connection
- The Magic of Minerals
- Portion Distortion: How Many Calories Are You Eating?

Expo attendees will have the chance to taste, participate, experience, share, and learn, and will leave with resources that will help them to make better decisions about their food choices.

**WHO:** Maryland University of Integrative Health (formerly Tai Sophia Institute)

**WHAT:** Free Nutrition Expo and Celebration

**WHEN:** Thursday, March 21, 2013  
6:30 pm – 8:30 pm

**WHERE:** Maryland University of Integrative Health  
7750 Montpelier Rd.  
Laurel, MD 20723

Questions? Interested in interviewing students and/or attendees? Contact: Gail Doerr, Vice President of Marketing and Enrollment Management, [gdoerr@muih.edu](mailto:gdoerr@muih.edu), (410) 888-9048 ext. 6652.

**About Maryland University of Integrative Health (formerly Tai Sophia Institute)**

Maryland University of Integrative Health (MUIH) educates and trains practitioners and leaders in health and wellness through transformative and relationship-centered programs that integrate ancient wisdom and contemporary science. MUIH offers graduate degrees and certificates in a wide range of wellness fields, as well as programs for professional and personal development. The on-campus Natural Care Center offers compassionate and affordable healthcare from student interns and professional practitioners, delivering more than 35,000 clinical treatments a year.

For more information, please visit [www.muih.edu](http://www.muih.edu).

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