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# MEDIA ADVISORY

## Erie VA to host Salute Your Health Lecture Series “Strive for a Healthy Weight”

*Featuring local celebrity dietitian Sandra Luthringer from WJET’s weekly healthy cooking feature*

1/02/2013 (Erie, PA) – Erie VA invites Veterans and their families to attend the next Salute Your Health Lecture Series, *Strive for a Healthy Weight*, featuring the local celebrity dietitian Sandra Luthringer, host of the weekly healthy cooking feature on WJET TV.

**What:** This Salute Your Health Lecture Series, “Strive for a Healthy Weight”, will feature a live cooking demonstration with tips on how to reach a healthy weight without sacrificing taste.

**When:** Wednesday, January 23 from 12pm to 1pm

**Where:** Erie VA Medical Center – Second Floor Conference Rooms. Seating is limited.

**Who:** Vets and their families are invited to attend this free event.

To learn more about Erie VA’s weight loss programs, contact Deb Kuntz at 814-860-2342.

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