

**FOR IMMEDIATE RELEASE**

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## **JUNIOR LEAGUE OF NEW ORLEANS' HEALTH & WELLNESS SPEAKER SERIES TO FEATURE HEALTHY HOLIDAY EATING TIPS**

*November 3, 2016, New Orleans, LA* – The Junior League of New Orleans (JLNO) will host dietitian Rebecca Miller, MPH, RDN, LDN for the second installment of its Health & Wellness Speaker Series. This event is free and open to the public.

**Healthy Eating During the Holidays**  
**Thursday, November 10**  
**7:00 p.m.**  
**JLNO Headquarters (4319 Carondelet Street)**

Miller will provide information on how to prepare healthier versions of traditional holiday meals and drinks.

“Our health and wellness speaker series is just one of the ways that JLNO works to advance the wellbeing of women in the Greater New Orleans Area,” said JLNO President Maria Pardo Huete. “We’re looking forward to learning healthy holiday eating tips from Rebecca and sharing her expertise with the community.”

**About Rebecca Miller:**

Rebecca is a registered dietitian with Ochsner Fitness Center. She spends a majority of her time with Ochsner’s Medical Fitness Referral Program to provide nutrition education and recommendations to Ochsner patients referred by their doctor. Additionally, Rebecca works one on one with her clients to develop customized meal plans whether that’s for performance fueling, lifestyle modification, or family friendly meals. Rebecca is also part of Ochsner’s [Eat Fit NOLA](#) team as well as provides recipe analysis for restaurants and coffee shops and conducts Lunch and Learns with various local businesses.

**About the JLNO Health & Wellness Speaker Series:**

The JLNO Health & Wellness Speaker Series, launched in 2016, is an educational initiative that promotes women's health. The series features a broad range of local experts speaking on subjects from nutrition and exercise to stress management and reproductive health. Free and open to the public, the Health & Wellness Speaker Series strives to advance the wellbeing of women by equipping them with information and resources that will allow them to live healthy and happy lives.

*The Junior League of New Orleans is a 501(c)3 not-for-profit organization committed to promoting voluntarism, developing the potential of women and improving communities through the effective action and leadership of trained volunteers.*