



TO: Area Media

FOR IMMEDIATE RELEASE

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CVCC OFFERS FREE COMMUNITY WELLNESS PRESENTATION MARCH 19

Brecksville, OH- Cuyahoga Valley Career Center (CVCC) in collaboration with the Cleveland Clinic will host a Community Wellness Presentation on Tuesday, March 19 from 1:00 p.m. to 2:00 p.m. Cleveland Clinic Registered Dietitian, Beth Bluestone will present "Fad or Fab: Which Popular Diets are Best for You?" Ms. Bluestone will help you decipher between some of the most popular diets such as Ketogenic, Plant-Based, Whole 30, Mediterranean and others. CVCC's Culinary Arts students will prepare and provide light refreshments at the event. The presentation is free and registration is required by March 12. Register at: <https://tinyurl.com/CVCC-3-19-19> or contact Darden Blake at 440.746.8242, dblake@cvccworks.edu.

Cuyahoga Valley Career Center is located at 8001 Brecksville Road, Brecksville, Ohio 44141. The school drive is opposite Wallings Road on Brecksville Road (Rt. 21). Cuyahoga Valley Career Center serves the public school districts of Brecksville-Broadview Heights, Cuyahoga Heights, Garfield Heights, Independence, Nordonias Hills, North Royalton, Revere, and Twinsburg. Adult and Student Workshops and Adult Education courses are open and available to all residents of Northeast Ohio.

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