

## ALUMNAE SPEAKER SERIES

WEDNESDAY, NOVEMBER 18 • 7PM

*Topic:*

# "Creating Healthy Habits in Times of Change"

"Perfect" Health • Personal Best Foods • Food Flexibility

**Alumnae, Parents and Friends are invited to attend.**

Join Gwynedd Mercy alumnae **Marissa Simone Costonis, H.C. '87** and **Ava Scarpato '17** for a discussion on how to create healthy habits that are flexible in an environment filled with constant change.



**Marissa S. Costonis, H.C. '87**  
Certified Health Coach,  
speaker, and award-winning  
author of the Amazon  
bestseller, "Change BITES"



**Ava Scarpato '17**  
Senior studying nutrition  
and dietetics at  
University of Pittsburgh

**Register: [gmahs.org/AlumnaeSpeakerSeries](https://gmahs.org/AlumnaeSpeakerSeries)**