

# ALBANY COMMUNITY EXPO



## PRESENTATIONS

**10:00AM**

**DEMYSTIFYING NUTRITION CONTROVERSIES- DO DIETARY FATS  
CONTRIBUTE TO BODY FAT?**

**NORI M. HUDSON, MS, NC  
NUTRITION CONSULTANT, BOARD CERTIFIED IN HOLISTIC NUTRITION**

**11:00AM**

**IRRIGATION FOR YOUR GARDEN**

**DAVID BLOOD, MASTER GARDENER**

**12:00PM**

**FIRE SAFETY & DISASTER PREPAREDNESS AT HOME**

**JACOB FUJIKAWA, FIREFIGHTER/PARAMEDIC  
CITY OF ALBANY - FIRE DEPARTMENT**

**1:00PM**

**NATURAL HISTORY OF ALBANY HILL**

**MARGOT CUNNINGHAM, NATURAL AREAS COORDINATOR  
CITY OF ALBANY - PUBLIC WORKS**

**SCHEDULE IS SUBJECT TO CHANGE**

**SATURDAY, APRIL 27, 2024 • 10 AM – 2 PM  
ALBANY COMMUNITY CENTER – 1249 MARIN AVE**