



CARNEGIE SCIENCE CENTER

One of the four Carnegie Museums of Pittsburgh

MEDIA ALERT

For Immediate Release
March 19, 2012
Contact: Susan Zimecki
Office: 412.237.1657
Mobile: 412.290.1583

ZimeckiS@CarnegieScienceCenter.org

CARNEGIE SCIENCE CENTER TO HOST SPORTS NUTRITION EXPERT

***LESLIE BONCI, NUTRITION CONSULTANT TO PITTSBURGH STEELERS, PENGUINS, PIRATES, TO
ADDRESS CAFÉ SCIENTIFIQUE***

PITTSBURGH, March 19, 2012— Leslie J. Bonci, director of sports nutrition at the UPMC Center for Sports Medicine, will present the latest nutrition insights at Café Scientifique on Monday, April 2, at Carnegie Science Center.

Free and open to the public, Bonci's talk on "Nutrition: The New, The True, What Works for You" will examine food myths, truths, health promotion, wellness habits, and supplements—all keys to understanding how to sustain a healthy lifestyle.

An expert on sports nutrition, weight management, and digestive health, Bonci is a nutrition consultant to all three Pittsburgh sports team—Steelers, Penguins, and Pirates—as well as the Toronto Blue Jays, the Washington Nationals, the National Collegiate Athletic Association (NCAA), and numerous high schools and universities.

Bonci, who earned a master's degree in public health from the University of Pittsburgh, also serves as a sports dietitian for Pitt's Athletics Department and Pittsburgh Ballet Theatre. Additionally, Bonci is an adjunct assistant instructor in pediatric dentistry at Pitt's School of Dental Medicine and serves on the faculty of Pitt's sports medicine fellowship training program.

A frequent lecturer at universities nationwide, Bonci is on the advisory board of the *Journal of Athletic Training*. She released her latest book, *The Active Calorie Diet*, in 2011. A former spokesperson for the American Dietetic Association, she writes a weekly blog for *Runners World* magazine and serves on the editorial advisory board of *Fitness* magazine.

Bonci is also a frequent guest of "The Winning Plate," a weekly segment on KDKA-TV's *Pittsburgh Today Live*.

-MORE-

CARNEGIE SCIENCE CENTER

One Allegheny Avenue | Pittsburgh, PA 15212 | 412.237.3400 | CarnegieScienceCenter.org

Carnegie Science Center to Host Sports Nutrition Expert
2

Doors open at 6 pm. A question-and-answer session will follow the Café Sci lecture, which starts at 7 pm. Dinner is available for \$8, including a vegetarian option. A cash bar is also offered. Advanced [online registration](#) for this event is strongly recommended. Call 412.237.1821 for more details.

###

About Carnegie Science Center

Carnegie Science Center brings the world of science alive for visitors of all ages. One of the four Carnegie Museums of Pittsburgh, the Science Center features hands-on exhibits, three live demonstration theaters, a four-story Omnimax theater, Highmark SportsWorks[®], an interactive full-dome digital planetarium, a Cold War-era submarine moored on Pittsburgh's Ohio River, the world's largest and most comprehensive robotics exhibition, and a world-renowned model railroad display. Carnegie Science Center is located at One Allegheny Avenue on Pittsburgh's North Shore next to Heinz Field. Visit CarnegieScienceCenter.org, or call 412.237.3400 for more information.

About Carnegie Museums of Pittsburgh

Founded by Andrew Carnegie in 1895, Carnegie Museums of Pittsburgh is a collection of four distinctive museums dedicated to exploration through art and science: Carnegie Museum of Art, Carnegie Museum of Natural History, Carnegie Science Center, and The Andy Warhol Museum. Annually, the museums reach more than 1.2 million people through exhibitions, educational programs, outreach activities, and special events.

#####

CARNEGIE SCIENCE CENTER

One Allegheny Avenue | Pittsburgh, PA 15212 | 412.237.3400 | CarnegieScienceCenter.org