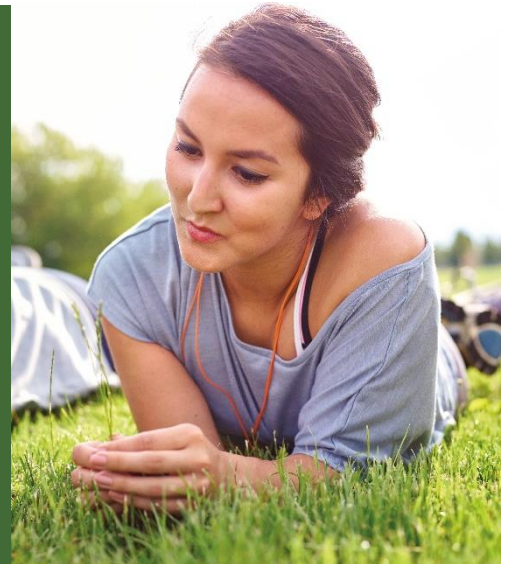


Total Health Nutrition

Addressing wellness during uncertainty



Living with Uncertainty

Our schedule and daily lives have dramatically changed from a few weeks ago. The COVID-19 pandemic has potentially affected your mental, physical, and emotional health. It is especially important during this time to provide care for YOU.

Total Health Nutrition

This 1-hour webinar will discuss the following topics:

- The principles of good nutrition
- How different foods affect our bodies and health
- Which foods are more nutritious than others
- How to create a concrete plan for nutritional, behavior change

This webinar can help you become more centered and secure during this time

Limited to 500 Registrants. We hope you will attend!



Webinar Details

Date: Thur. May 21, 2020

Time: 12:00pm – 1:00pm

Registration Link:

reglink5.21nutrition.uop

Phone-In Option:

Call: 1 (408) 418-9388

Access code: 281 981 315

For better audio, we suggest you use the call-in number rather than listening through your computer.