Webinar:
Healthy Lunches: At Home and On the Go

Presented by: Paula Massey

When: Monday, June 28th

Time: 8:30am - 9:30am

Location: See dial in information

Lunch is a great time to take a break and eat something nutritious, but that is often easier said than done. You'll learn simple tips for packing a healthy lunch, ideas for eating out healthfully, and how to make your lunch break healthy and enjoyable.
Webinar Login Instructions
Login instructions to join the Mind Your Health webinar in WebEx.

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Details
Start Date & Time: 6/28/2021 @ 8:30AM
Topic: Health Lunches - At Home and On the Go - Webinar
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- Please immediately mute your telephone and/or computer microphone to eliminate distracting noises/echoing/static.
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Handout: Health Lunches - At Home and On the Go - Webinar