

EATING ON THE GO Workshop

Join Betsy Paganucci, registered dietitian from Kaiser Permanente
Learn about healthy actions and a path to good health.



Eating Healthy No Matter How Busy You Are

Learn about the benefits of planning and preparation. We'll discuss what is important when eating out, snacking and the willingness to try new things. Come ready to set some goals!

Thursday, July 20, 2017; 1:30 - 2:30 pm

Join us in-person or WebEx

In-person Location: University of Georgia, Training & Development Center, 315 South Thomas Street, Athens, Ga

If you are a non-UGA employee and would like to attend in person, please contact: training@uga.edu or Kiz Adams; 706-542-7319, worklifebalance@uga.edu. You do not need to be a Kaiser Permanente member to attend.

Join us in-person, Register Here: <http://hr.uga.edu/employees/training/>

Can't join us in-person? WebEx, Register Here: <http://bit.ly/2stT4y6>



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