Healthy Eating
Lunch and Learn

Date: March 25, 2014
Time: 12—1 p.m.
Where: Galaxy Room B (SU 2.602)

To celebrate National Nutrition Month, the UT Dallas Wellness Committee will host a lunch and learn featuring, Bobby Whisnand, fitness professional and personal trainer, who will discuss simple steps you can take to make smarter eating choices and reach your wellness goals.

A healthy lunch and give-a-ways will be provided!

No registration required to attend.

Upcoming Wellness Events

2014 UT System Physical Activity Challenge
“Living Well, Moving Well” Registration Opens April 1

Employee Assistance Program Lunch & Learn
“Living Well, Moving Well” Kick-Off Walk 10 at 10

More information coming soon!

Presented by the UT Dallas Wellness Committee utdallas.edu / wellness