Montefiore To Your HEALTH! Montefiore for a Healthy You

## March Associate Wellness Monthly Program Topic: Nutrition Hot Topics

Join Montefiore registered dietitians in a lightning-round discussion where they will share their thoughts about nutrition trends, such as drinking celery juice, and hot topic kitchen items, such as the air fryer, and their professional opinions on what should be tried and which should be trashed.



Moses Campus & Streaming live on Zoom Date: Wednesday, March 27, 2019 Time: 1:15pm-2:15pm

In-person – TLC Room 4 Online via Zoom - Register at: <u>http://bit.ly/2EyPIXB</u> T: 646-558-8656; Meeting ID: 369-630-079

Associate Wellness programs are open to all associates! Register for the in-person session on Talent Management. Register for Zoom at <u>http://bit.ly/2EyPIXB</u>.