

JULY NUTRITION WORKSHOP

Topic: Reduce Your Risk for Chronic Diseases with Food!

There are some foods out there that can help you avoid chronic diseases if you eat them regularly. Join us as we discuss which foods can keep you away from frequent visits to the doctor in the future.



Moses Campus

Date: Tuesday, July 19, 2016

Location: 3514 DeKalb Ave., Large Conference Room

Time: 12:00pm - 1:00pm

Yonkers Campus

Date: Wednesday, July 20, 2016

Location: 3 Executive Blvd., 2nd Floor, Care Guidance Suite, Conference Room

Time: 12:00pm - 1:00pm and 1:00pm - 2:00pm

Nutrition Workshops are open to all associates! Register on the portal in advance or just drop in!

*Successful completion and portal registration awards you **three** raffle tickets in our [Healthy Habits Raffle Campaign](#), where we're raffling off six \$1,000 prizes each quarter!*