

September Nutrition Workshop

Topic: The Food-Mood Connection

Your mood is often affected by the types of foods you eat. Come learn how to best stabilize your mood with the food that you choose and how you choose to eat it.



Moses Campus

Date: Tuesday, September 20, 2016

Location: 3514 DeKalb Ave., Large Conference Room

Time: 12:00pm - 1:00pm

Yonkers Campus

Date: Wednesday, September 21, 2016

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

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

Einstein Campus

Location: 1180 Morris Park Ave, 1st floor (OHS), Associate Wellness Dietitian Office

Date: Friday, September 23, 2016

Time: 12:00pm - 1:00pm

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!*