

October Nutrition Workshop

Topic: Batch Cooking: Get Going with Meal Prep

Stop by to learn about how best to prepare most of your meals and snacks. Learn more about the benefits of batch cooking and meal prep.



Moses Campus

Date: Tuesday, October 18, 2016

Location: 3514 DeKalb Ave., Large Conference Room

Time: 12:00pm - 1:00pm

Yonkers Campus

Date: Wednesday, October 19, 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!*