

October Associate Wellness Program

Topic: Nutrition RD Talk

Join Montefiore's Associate Wellness Dietitian Jessica Shapiro, MS, RD, CDN, CDE, and Clinical Admin Dietitian Rebecca Elbaum, MPH, RD, CDN, CDE to assess your nutrition know-how and discuss ways to improve your diet.

Bring your nutrition questions to be answered by the registered dietitians!
Healthy snacks will be provided.

*The first 10 to register and then attend the in-person program get a **FREE** gift!*



Hutch Campus & Streaming live on ZOOM

Date: Monday, October 15th, 2018

Time: Two sessions – 12:00pm-1:00pm (in-person only)
1:00pm-2:00pm (in-person and on Zoom)

In-person – 1250 Waters Place Tower II, 12th Floor Conference Room

Online Zoom - Register at: <http://bit.ly/2BTiTRB>

T: 646-558-8656; Meeting ID: 361-951-800

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

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