

## March Associate Wellness Monthly Program

### Topic: Nutrition for Men

There is a lot to think about for you or the men in your life, and when it comes to nutrition, where do we start? Join Montefiore's Dietetic Intern Julian Franklin for a lively conversation to learn about nutrition behaviors, health impact and lifestyle tips to help the men in your life thrive.



## Einstein Campus & Streaming live on Zoom

**Date:** Thursday, March 5, 2020

**Location:** Einstein Auditorium

**Time:** 12:00pm-1:00pm

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

T: 646-558-8656; Meeting ID: 613 132 043

To Your Health! Associate Wellness programs are open to all associates!  
Register for Zoom at <http://bit.ly/2USrtHQ>.