



Better Every Day.

HEAL Lunch & Learns

July Schedule

Dates below are linked to registration—save your spot today and join us for a Healthy Eating Active Living (HEAL) Seminars!

10

HOW YOUR ENVIRONMENT INFLUENCES WEIGHT LOSS SUCCESS

Learn more about how your environment influences weight loss success.

17

PORTION CONTROL AND MINDFUL- BASED EATING

Discover how age, gender, cultural and ethnic background can influence your eating practices.

24

WHAT THE FAT?

Understanding Monounsaturated, Polyunsaturated, Saturated and Trans Fats.

31

BARRIERS TO REGULAR HEALTHY EATING

Identify and address your personal barriers to healthy eating.