



Energize with Plants: How Eating More Plants Boosts Energy, Mood and Health

Wed., Jan. 21 | noon - 12:30 p.m., EST

Speaker: Erin Coates, RD, LD

Attend virtually: ccemployeewellness.com/wellness-connection-1

Objectives:

1. Discover the science behind plant-based energy.
2. Identify the key nutrients and foods that boost energy and mood.
3. Create a practical, sustainable plan for daily plant-powered eating.

All caregivers are welcome to attend this presentation.