



Building a Whole Foods Nutrient Dense Eating Plan

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

Speaker: Julia Zumpano RDN, LD

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

Objectives:

1. Explore the differences between whole foods, processed foods and ultra-processed foods.
2. Explain what nutrients are and why they are important for overall health and well-being.
3. Identify simple, practical ways to incorporate nutrient-dense whole foods into your daily eating plan.

All caregivers are welcome to attend this presentation.