Cleveland Clinic
Wellness

WELLNESS CONNECTION

Intermittent Fasting

Wednesday, June 15, 2022

Speaker:	Julia Zumpano RD, LD
Location:	Lerner, NA5-08
Time:	12 pm to 12:30 pm
Objectives:	1. Examine the different types of intermittent fasting. 2. Review the benefits and risks of intermittent fasting. 3. Discuss how to get started.

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Watch live at http://www.ccemployeewellness.com/wellness-connection-1
All caregivers are welcome to attend this presentation.

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