



WELLNESS INSIDER

# Top Tips for Healthy Eating

Wednesday, February 2, 2022

**Speaker:** Amy Gibbs, MEd, RD, LD

**Location:** Lerner, NA5-08

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

- Objectives:**
1. Understand the role of media in food trends and behaviors.
  2. Identify key marketing words and phrases to be mindful of as a consumer.
  3. Learn how to find credible sources for nutrition information.

Watch live at [ccemployeewellness.com/wellness-insider](https://ccemployeewellness.com/wellness-insider)  
All caregivers are welcome to attend this presentation.