

The Office of Human Resources
Invites you to a
LUNCH & LEARN Seminar
Healthy Holiday Menu Planning

presented by:
Natalie Nachef, MS, RD

SAVE THE DATE!

When: Thursday, December 3, 2015

Where: University Commons Room 171B

Time: 12:00 pm to 1:00 pm

Are you dreading the holiday weight gain? Need ideas on how to select and prepare a healthy holiday meal? If so, you are in luck! Registered Dietitian, Natalie Nachef will be presenting on ***Healthy Holiday Meal Planning***! Learn how to navigate comfort foods and holiday parties this season. Natalie will discuss proper portion sizes, healthy cooking techniques and more.



Image credited to cancercenter.com

Please RSVP via email to HUMANRESOURCES@wpunj.edu.

For questions, please contact us via email or call us at extension 2887.



"Bring a Buddy & your Brown Bag"

