Mission Nutrition! (Live Online)

July 25, 2023
9:00am - 10:00am

PRESENTER:

Lauren Calkins
Senior Wellness Consultant
The Employers' Association

With all of the nutritional noise in our world today, are you feeling overwhelmed and unsure about how you can actually build an eating plan guaranteed to boost your mood, energy, focus, and productivity? Let's cut through all of the misinformation and marketing schemes and get back to basics.

Join us for this information-packed session as we break down the components of nutrition and the current recommendations for healthy eating. You'll become a savvier shopper, armed with the facts to make the best food decision – and even save some time and money along the way with our helpful tips.

Register your team today!

Pricing

- ❑ List price **$70**
- ❑ EA Member **$50**
- ❑ Early Bird EA Member (register before July 11) **$40**

Register online at www.TheEA.org
Or call the EA at 419-893-3000

Company:_____

Contact:_____ Phone:_____

Email_____

Address: _____ City_____ ST__ ZIP _____

Registrant 1 _____

Registrant 2 _____

Registrant 3 _____

Registrant 4 _____

Registrant 5 _____

*You may send a substitute at any time; however, no-shows or cancellations within 5 full business days of the program will be responsible for the full registration fee. The Employers' Association reserves the right to reschedule or cancel seminars if minimum requirements are not met.