UC Davis Staff and Faculty Health and Well-being presents

EAT, PAUSE, REPEAT
WEIGHT MANAGEMENT ONE BITE AT A TIME!

with speaker Robyn Primack

NOV. 14 | NOON - 1 P.M. | HOAGLAND 130

AN INTRODUCTION TO...
portioning
snacking smart
superfoods

...just in time for Maintain Don’t Gain!

Register at:
surveymonkey.com/r/EPR111417

Robyn graduated from UCD in 2013. Now she’s back and on her way to becoming a registered dietitian.

QUESTIONS?
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(530) 752-6051

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