

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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