



Mindful Eating & Nutrition

Nutritional Healing, LLC.

Mindful eating is a technique that helps you gain control over your eating habits. Join our guest speaker from Nutritional Healing as they cover essential nutrition action steps for a healthier life today! They will be discussing healthy product replacements, food myths, and how beverages can be one of the most deceiving parts of your diet. Bring any questions you may have about different ways of eating!

Event Details:

Who: NJSD Employees

When: Monday, January 23rd @ 4pm

Where: NJSD Administration Building Room 200

<http://nutritionalhealingllc.com/>



Presenter:
Kim Stoeger, MS



Presenter:
Brook Knowles