

Healthy Eating Lunch and Learn

Date: March 25, 2014

Time: 12—1 p.m.

Where: Galaxy Room B
(SU 2.602)

To celebrate National Nutrition Month, the [UT Dallas Wellness Committee](#) will host a lunch and learn featuring, [Bobby Whisnand](#), fitness professional and personal trainer, who will discuss simple steps you can take to make smarter eating choices and reach your wellness goals.

A healthy lunch and give-a-ways will be provided!

No registration required to attend.



Upcoming Wellness Events

2014 UT System
Physical Activity Challenge
“Living Well, Moving Well”
Registration Opens April 1

Employee Assistance Program
Lunch & Learn

“Living Well, Moving Well” Kick-Off
Walk 10 at 10

More information coming soon!



Presented by the
UT Dallas Wellness Committee
[utdallas.edu / wellness](http://utdallas.edu/wellness)