



The Office of Human Resources and the Wellness Committee cordially invite you to

Eating to Keep Your Cool this Summer

— Lunch & Learn —

Join **Lona Sandon, PhD, RDN, LD**
Associate Professor of Clinical Nutrition at UTSW Medical Center,
to learn how to adopt a plant-based diet in the summer and how the fresh,
juicy produce can help keep you cool and recover from exercising outdoors.

May 16, 2019
12:00 p.m. - 1:00 p.m.
JSOM 11.214 / 11.218

Space is limited, please RSVP by May 9, 2019 at
https://utdallas.qualtrics.com/jfe/form/SV_eypqV0sVoDkAnnn