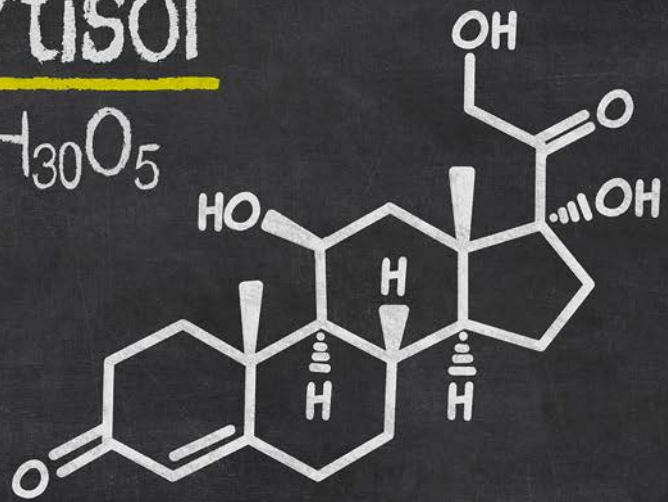


# Cortisol



## The Cortisol Connection

What a Healthy diet really means and the effects that sugar, stress, and sleep have on our choices and weight gain.

Instructed by: Lauren McNeil, MS, RD, LDN

DATE	TIME	LOCATION
Friday, June 22	12p - 12:45p	Utilities, Large Conference Room 4410 66th St W, Bradenton
Friday, June 29	12p - 12:45p	Public Works, Conf Room 1&2 1022 26th Ave E, Bradenton
Friday, July 20	12p - 12:45p	Transit Fleet, Conference Room 2411 Tallevast Rd., Sarasota <i>Transit/Transit Fleet Personnel Only</i>
Friday, July 27	12p - 12:45p	Admin Building, 4th Floor Osprey Room 1112 Manatee Avenue West, Bradenton

Open to employees and adult health plan members!

Register at [www.manateeyourchoice.com/register](http://www.manateeyourchoice.com/register)

(select "Cortisol Connection..." in the dropdown menu or use the search bar)