



Keto? Paleo? Intermittent Fasting? Get the Science Behind the Fads.



Before trying one of those trendy diets your friends have raved about, learn the science behind them first. Natalia will break down some of these fad diets so you have the knowledge you need to find the best nutrition plan for your lifestyle and goals.

Instructed by: Natalia Garcia, RDN, LDN, CISSN, CHWC

DATE	TIME	LOCATION
Monday, Oct 22	12p - 12:45p	Admin Building, 4th Floor Manatee Room 1112 Manatee Avenue West, Bradenton
Wednesday, Nov 14	12p - 12:45p	Utilities, Large Conference Room 4410 66th St W, Bradenton
Tuesday, Dec 11	12p - 12:45p	Public Works, Conf Room 1&2 1022 26th Ave E, Bradenton

Open to employees and adult health plan members!

Register at www.manateeyourchoice.com/register

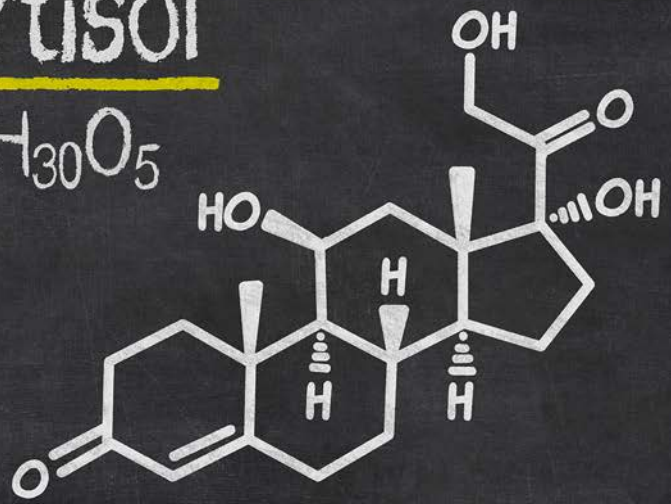
(select "Keto? Paleo?..." in the dropdown menu or use the search bar)



For More Information Contact: Christina Edenfield
941.748.4501 x6464 | cedenfield@manateeyourchoice.com

MN091218

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

Wednesday, May 30 | 12 - 12:45pm
EHB | Conference Room

Open to employees and adult health plan members!

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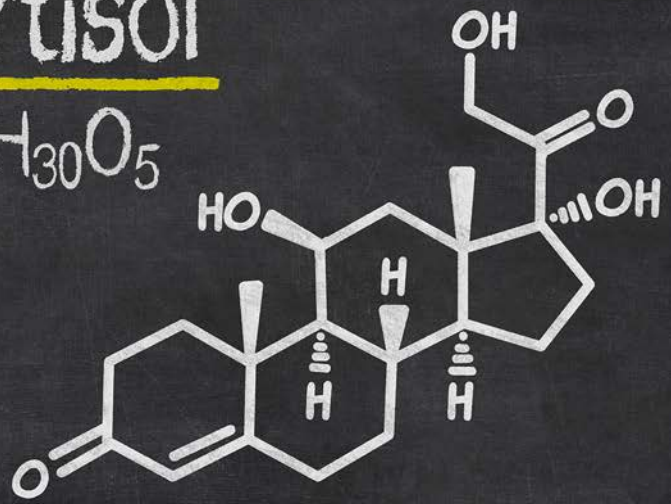
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Friday, June 22 | 12 - 12:45pm
Utilities | Large Conference Room

Open to employees and adult health plan members!

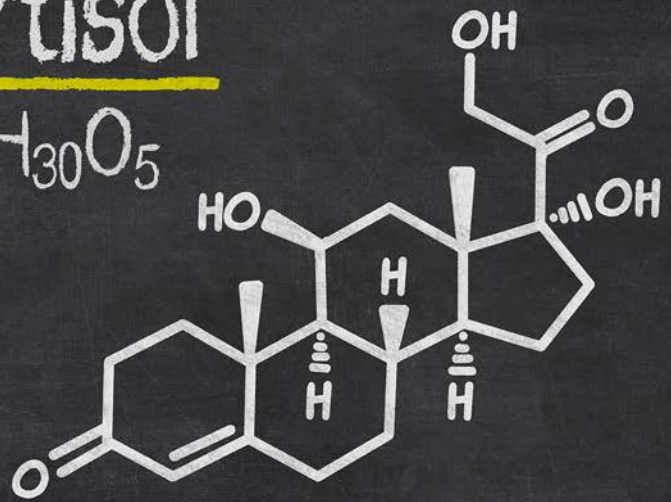
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Friday, June 29 | 12 - 12:45pm
Public Works | Conference Room 1 & 2

Open to employees and adult health plan members!

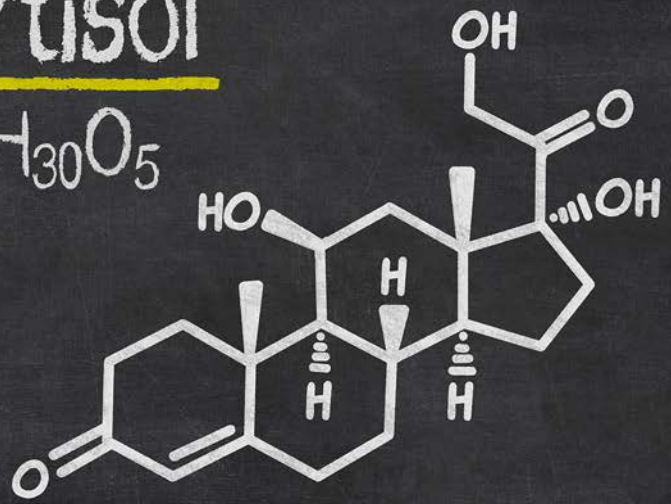
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Friday, July 20 | 12 - 12:45pm
Transit Fleet | Conference Room

Open to employees and adult health plan members!

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