

Health Education Session

Preparing Healthy Meals & Dining Out



Creating weekly meal plans and making healthy choices when dining out takes planning. In this webinar, you'll learn practical tips and identify healthier options to eat healthy at home and on-the-go.

Date	Time	Registration
Thursday, October 21, 2021	11:30 a.m. to 12:15 p.m. (HT)	Register here
Tuesday, October 26, 2021	Noon to 12:45 p.m. (HT)	Register here

To register for one of the webinar sessions, click on the “Register here” link above or visit kp.org/eutf/getinshape.

What attendees said about our webinars.....

“The instructor provided great examples of how to recognize and control what you eat.”
 “The presentation materials were simple to understand and enhanced what the presenter was saying.”

Please contact Lloyd Kishi at lloyd.kishi@kp.org if you have any questions about these webinars.



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