

Lunch & Learn

The learning is on you. The lunch is on us!



Wellness Wednesday Series

Wednesdays from 12-1pm, healthy lunch provided April 3, other dates feel free to bring your lunch and join us

Wednesday April 3:

Fallacies, Facts and Fixes

Common nutrition myths and how to fix them
Rabbi Reich Room, Webb Center

Wednesday April 10:

Eating For Energy

Rabbi Reich Room, Webb Center

Wednesday April 17:

Nutrition and Stress

Rabbi Reich Room, Webb Center

Wednesday April 24:

Happy, Healthy Studying

Optimize your brainpower through nutrition
Virginia Rice Room, Webb Center



For more information please contact:
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