

Lunch & Learn

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



Wellness Wednesday Series

Wednesdays from 12-1pm, Lunch provided June 5, other weeks feel free to bring your lunch and join us

Wednesday June 5:

Spring Cleaning

How to clean up your diet
VA Rice, Webb Center

Wednesday June 12:

Surviving the Summer BBQ

Nutrition and Food Safety
VA Rice, Webb Center

Wednesday June 19:

Nutrition, Hydration and Exercise

VA Rice, Webb Center

Wednesday June 26:

Healthy Travels

VA Rice Room, Webb Center



For more information please contact:
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