

Healthy Eating Simplified

Wednesday, March 20th
6:00 – 7:00pm
Virtual



Do you ever feel overwhelmed by endless nutrition advice on the internet?

Whether navigating health conditions like high blood pressure or diabetes, or just looking to improve your diet, transitioning to healthier eating doesn't need to be complicated. Join Endeavor Health dietitians Julie Sanfilippo, RD, LDN and Lori Bumbaco, MS, RDN, CSO, LDN, as they share simple, impactful ways to improve your eating habits and feel the benefits of better health, energy, and wellbeing.



Register by scanning the QR code or online at EEHealth.org/classes-events/.