

Please join us for a Wellness@Work Lunch-and-Learn!

A LIFESTYLE, NOT A DIET

Wednesday, January 25
Noon to 12:45 p.m.
Chapel Hill Public Library,
Meeting Room A



- A step by step process for getting on the journey to weight loss
- How to make a commitment and set realistic goals
- Learn to improve eating habits
- Discover resources for information and support

Presenter:

Avril Rowerdink, RD, LDN, Clinical Dietician



Lunch will be provided!

Please RSVP to Liska Lackey by 5 p.m. Monday, January 23,
at llackey@email.unc.edu or 919-968-2796.



wellness @work
UNC HEALTH CARE | FAMILY MEDICINE
TOWN OF CHAPEL HILL

