

Please join us for a *Wellness@Work Virtual Lunch-and-Learn* at noon on Wednesday, Dec. 7!

INTUITIVE EATING & FREEDOM FROM DIETING



Open to ALL employees, dependents, and pre-65 retirees

When: Wednesday, December 7 from 12 to 12:45

Where: Through Zoom

- Learn the principles of intuitive eating
- Support your health without worrying about your weight
- Break free from the diet yo-yo

Presenter: Sarah Sterling, Clinical Social Worker & Addiction Specialist, Behavioral Weight Management, UNC Family Medicine

RSVP by Monday, December 5: email Liska at llackey@email.unc.edu or call 919-968-2796

Help share the news! Please print and post the flyer and announce in staff meetings!

