
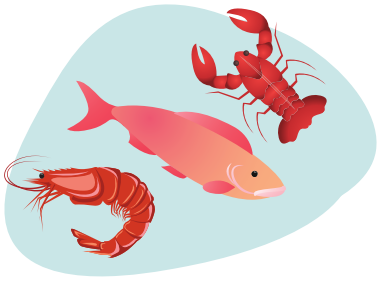



WEBINAR:
FORGET THE FADS - EAT YOUR WAY TO HEALTH

March 24, 2020 | 1:00 PM

Participants will learn:

- How what we eat plays a major role in our health
- Which food fads to throw away and which are here to stay
- How to integrate plant-based eating towards a healthy lifestyle

Register here: bit.ly/howtoeat4health

Presenters:
Dr. Sapana Shah & Dr. Michelle McMacken
NYC Health + Hospitals/Bellevue

EAT WELL

WorkWell NYC
Bill de Blasio, Mayor
Healthy Workforce. Healthy City.