**Email template:** Suggested send dates are March 16 and March 23

* **Subject line: *Register for WorkWell NYC’s Upcoming Webinar: Forget the Fads – Eat Your Way to Health***

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| Hello insert agency employees,  Join WorkWell NYC on **Wednesday, March 24th** **at 1:00 PM** for their upcoming webinar, “**Forget the Fads – How to Eat Your Way to Health”**!  **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**](http://bit.ly/howtoeat4health) |
| **Presenters:**  **Dr. Sapana Shah & Dr. Michelle McMacken**  ***NYC Health + Hospitals/Bellevue*** |

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|  | [**nyc.gov/workwellnyc**](file:///\\msolrnetapp001m.olr.nyc\data\EXEC%20SHARED\WorkWell%20NYC\Communications\eBlasts\2019\December\nyc.gov\workwellnyc) |
|  | [**workwell@olr.nyc.gov**](mailto:workwell@olr.nyc.gov) |
|  | [**@workwellnyc**](http://bit.ly/2krVjTM) |

