**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
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| **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:///%5C%5Cmsolrnetapp001m.olr.nyc%5Cdata%5CEXEC%20SHARED%5CWorkWell%20NYC%5CCommunications%5CeBlasts%5C2019%5CDecember%5Cnyc.gov%5Cworkwellnyc) |
|  | **workwell@olr.nyc.gov** |
|  | [**@workwellnyc**](http://bit.ly/2krVjTM) |

