

NEW! Dinner with a Dietitian

Healthy Eating, Online Video Course



DINNER
WITH A
Dietitian

This course will help you **EAT HEALTHIER** by teaching you how to **COOK HEALTHIER.**

Each week you will receive a new instructional video, recipe and grocery list for the meal of the week, and additional educational handouts that correspond with the weekly topic. When you register, tell us if you want to learn more about **reducing salt for better blood pressure**, or prepping meals to **manage or prevent diabetes**. We'll share the videos and recipes and information that are right for you!

TO REGISTER CLICK HERE OR GO TO <http://eepurl.com/i8AP2A>

Questions? Send an email to wellness@phs.org