

Freshen Up Your Plate



Brittany Woodbury,
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Presenter



LIVE SESSION

WEDNESDAY, MARCH 12

3PM VIA ZOOM

Transform your eating habits and embrace a healthier lifestyle! In this class, you'll learn how to reduce processed foods and incorporate more whole, natural ingredients into your daily meals without sacrificing flavor. Whether you're looking to improve your overall health, boost energy, or manage your weight, **this class will help you discover the joy of eating nourishing food that supports your well-being.**

**Scan Here
To Register!**



https://bit.ly/FreshenYourPlate_GE

**WELLNESS
WEDNESDAY
PODCAST:**
March 2025

**Ditching Diet Culture
For Good**

The Wellness Wednesday Podcast is available on the first Wednesday of every month. Tune in on the CareATC Mobile App or on the Patient Portal → Health Education Library → Wellness Wednesday Podcast.

