Freshen Up Your Plate



Brittany Woodbury, MS RDN LD 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.**

https://bit.ly/FreshenYourPlate_GE



Scan Here

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.





Podcast or an bornis discussion netated to the mosthy verifies to the bornis discussion netated to the mosthy verifies topic. Each episode features conversations with health professionals across CareATC about trending and applicable healthy cirestyle tips, giving you the Power to Be Weit.



