

nutrition workshop

In this workshop,  
participants will:

- Examine the principles of good nutrition.
- Discuss strategies for eating well.
- Explore tools for healthy eating.
- Develop an action plan to stay motivated to eat well.

## Eat Well

**When:** Thursday, December 10, 2020, 1PM-2PM

**Where:** City of San Jose

To join the webinar, copy and paste the entire link provided into your browser:

<https://kponline.webex.com/kponline/k2/j.php?MTID=t5e8ab07b9f430479c9df30f296b7112d>

Click "Join as a participant" link

At the Join Session Now prompt:

- Enter your name and email address.
- Enter the session password: Thrive123
- Click "Join Now".
- Follow the instructions that appear on your screen

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