

Nutrition Workshop

In this workshop, participants will:

- Learn about current diet trends including Keto, Mediterranean and Intermittent Fasting.
- Discuss the pros and cons of different popular diets.
- Understand general principles of healthy eating and how to incorporate them in your own life.



Popular Eating Styles

When: Tuesday, July 12, 2022
12:00 PM to 1:00 PM

Virtual Event: Join via computer or mobile device at:

<https://event.on24.com/wcc/r/3730523/9CAC98E8CE578E1E40434D0FFBB054D6>

- Registration is now available and will remain open through the end of the event.
- Participants must use Google Chrome, Microsoft Edge or Firefox browsers to join the session – the webinar will not work in Internet Explorer.
- Participants can register and join the workshop via computer or mobile device using the link provided, no apps or plugins are required.

Facilitated by: Laura Terrazas, MSc, RDN, CLT

Workshop contact: Damiana Garcia, Damiana.Garcia@sanjoseca.gov

All employees are welcome!