



# HEALTHY LUNCHBOX EAP WORKSHOP

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In this one-hour session, participants will learn the value of a nutritious midday meal. Come to this workshop for tips, ideas and recipes! This session is for those who skip meals, run out of time and ideas, or order take-out for lunch. But it's also appropriate for those with special dietary needs that have resulted from unhealthy food choices.



**Join Us For a Lunch-and-Learn:**  
Wednesday, March 29  
12:00 Noon-1:00pm  
Dining Rooms 1&2 (Nott Street)  
*(Please Bring Your Own Bag Lunch)*

Go to <http://conta.cc/2m4fG8> to Register

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Questions? Email [wellness@ellismedicine.org](mailto:wellness@ellismedicine.org)