



*Diversity, Health Equity & Inclusion*  
COMMITTEE NEWS

QUALIFYING  
HEALTHY ME  
ACTIVITY



NUTRITIONAL

**Presenting: Dr. Benita Zahn, Ph.D.**

Certified Health and Wellness Coach



Topic: ***Food as Medicine***

**When:** Wednesday, August 10<sup>th</sup> - from Noon to 1pm Via Zoom

**Register in advance at this link**

<https://tinyurl.com/BenitaZahn>

Benita Zahn is a certified Health and Wellness Coach working with clients at Capital Cardiology Associates. She recently achieved National certification- NBC-HWC. Benita spent more than 40 years as a health reporter and news anchor at WNYT in Albany, NY. She covered issues such as wellness, treatment breakthroughs, aging, nutrition, and the latest health care trends. Benita's work has taken her around the world and across the USA. She covered the aftermath of Hurricane Sandy, Hurricane Katrina, the inauguration of President Obama and both Republican and National Conventions.

Benita has won numerous awards for her work including a NY EMMY, International Radio and Television Award, NYS Broadcasters Award and has been honored by numerous health organizations.