



NEW

MAINTAIN: DON'T GAIN LUNCH & LEARN

NOTE: This counts as a challenge for Earned Health Day Requirements.

*Learn tips on how to
maintain your weight
over the holidays*

Nutritionist Marcia King of Feel Free Live Better Nutritionist, LLC will teach techniques on how hydration, nutrition, sleep, and movement can help you Maintain & Not Gain.



feel free live better
NUTRITIONIST, LLC



NOV. 10, 2022
12:00PM -
12:45PM



In Person
CITY HALL
Main Level
Conference
Room

OR



ZOOM
Meeting ID:
857 9028 3219
PassCode:
044433

Registration (*preferred but not mandatory*) through the Employee Portal Wellness Events & Challenges Tile.

www.kirkwoodmo.org/Events

[@feelfreelivebetternutritionist](https://www.instagram.com/feelfreelivebetternutritionist)

BYOL
(bring your own lunch)

Healthy Snack Bag will
be provided.