



YOU'RE INVITED

ENHANCING IMMUNITY THROUGH NUTRITION, SLEEP AND MORE: SEMINAR & COOKING DEMO

During National Nutrition Month, NFP invites you to join us for an engaging virtual event that's meant to teach you about how day-to-day self-care, such as eating healthy, getting proper sleep, and more can positively impact your immunity.

We'll begin with a Greek quinoa salad recipe demonstration and encourage you to participate!

All of the ingredients you'll need can be found here.

Agenda:

- How enhancing our immunity can influence our overall well-being
- Stress and how it impacts our body
- Self-care through nutrition and sleep
- Food and habit swaps to promote immunity

MEET THE HOST



Doreen Davis
SVP Well-Being & Engagement, Atlantic Region, NFP

NFP is proud to host ongoing Well-Being sessions to support our clients and our own employees.

MEET THE SPEAKER



Christine Steerman MA, RD, LDN
Registered and Licensed Dietitian,
Corporate Wellness Nutrition, a division of Wellness Coaches

Back to lead this session for a second consecutive year, Christine works with clients one-on-one, writes monthly education articles, and carries out group presentations, webinars, and cooking demonstrations. Her nutrition counseling style is geared towards behavior change and mindful eating practices in the adult population, and her interests span from sports nutrition to eating disorders and dietary patterns for disease prevention and management.

WHEN

Tuesday, March 28, 2023
Noon – 1:00 p.m. ET

HOW TO REGISTER

Visit go.nfp.com/enhancing-immunity
or scan this code with your phone!



This free session is open to all NFP clients and clients' employees. It will be recorded and made available to registrants who are unable to attend.

QUESTIONS?

Email NFP's Atlantic region Well-Being team at
NFPSEWellbeing@nfp.com

