



**Jessica Giglia, Executive Performance Chef** for the New York Jets, will reveal how strategies employed by elite athletes can be adapted to optimize the well-being of everyone. Whether you're a busy professional, fitness enthusiast, or someone on a journey toward a healthier lifestyle, this webinar will provide practical tips and knowledge to maximize your potential through the power of nutrition.

In this session, you will gain valuable insights into:

- Optimal food and nutrient choices that empower you to excel in various activities.
- Easy and healthy substitutions that elevate your culinary experience and delight your taste buds.
- The pivotal role of certain foods in fostering a strong connection between the gut and brain.
- Strategies for navigating the intricacies of dining out, coupled with a mindful approach to celebratory occasions.
- Exploration of how seasonality impacts the nutritional profile of the foods we enjoy.

## MEET THE HOST



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

## MEET THE SPEAKER



**Jessica Giglia**  
Executive Performance Chef  
New York Jets

Jessica earned her second degree from Johnson & Wales University in Culinary Nutrition. Shortly after graduation, she was hired by Sodexo as the Executive Chef for Sports Performance with West Virginia University, a role she held for nearly three years. Jessica is now approaching her fourth year with Flik Hospitality Group where she serves as Executive Performance Chef for the New York Jets.

## YOU'RE INVITED FUELING WELL-BEING: OPTIMIZING YOUR LIFE THROUGH PERFORMANCE NUTRITION VIRTUAL SEMINAR

### WHEN

Tuesday, March 12, 2024  
Noon – 1:00 p.m. ET

### HOW TO REGISTER

Visit [go.nfp.com/fueling-well-being](https://go.nfp.com/fueling-well-being)  
or scan this code with your phone!



### WHO CAN ATTEND?

This session is open to all NFP clients and clients' employees. It will be recorded and made available to all registrants.

### QUESTIONS?

Email NFP's Atlantic region Well-Being team at [NFPAtlanticWellbeing@nfp.com](mailto:NFPAtlanticWellbeing@nfp.com)