

MCPS Well Aware presents

Nutrition Ambition

Let's get back to the basics in this ambitious, fact-filled session about the fundamental basics of nutrition. Learn from a registered dietitian what eating healthy really means and start building the foundation for your healthy eating journey.



- **WEDNESDAY,**
NOVEMBER 20, 2024
4:30 – 5:30 p.m. Webinar

PLEASE REGISTER for this webinar by emailing
wellness@mcpsmd.org for the log-in information.

