Eat Well Support Group

Support group for healthy eating and weight management.

Healthy eating is a lifestyle and it can feel like a roller coaster at times. Between our hectic schedules, confusing nutrition information in the media, and other obstacles it can leave us feeling defeated. The Eat Well Support Group is a 30 minute discussion to keep you motivated to stay on track! We will make sense of current nutrition topics touted in the media, talk through recent struggles, and strategies to overcoming hurdles. Nutrition education will be provided along with tools and resources to support your healthy eating journey.

Discussion Topics

- ***The Low Down on Sugar: Natural vs. Artificial***

  Thursday, July 28th, 915/W133 @ 12:15p (30 minutes)

- ***Red Meat, Processed Meats & Clean Eating***

  Thursday, August 25th, 915/W133 @ 12:15p (30 minutes)

- ***Hormones and Weight***

  Thursday, September 29th, 915/W133 @ 12:15p (30 minutes)

- ***Metabolism & Intermittent Fasting***

  Thursday, October 27th, 915/W133 @ 12:15p (30 minutes)

- ***Habits: Breaking the Old, Building the New***

  Tuesday, November 15th, 915/W133 @ 12:15p (30 minutes)

- ***Surviving The Holidays***

  Thursday, December 15th, 915/W133 @ 12:15p (30 minutes)

>>>Contact Gina Madison (gmmadis@sandia.gov | 294-2484) to register.
>>Use sessions for your Eat Clean Health Action Plan.
>Earn 1,000 VPP per session.

Eat Well Feel Well

Health Benefits & Compensation
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