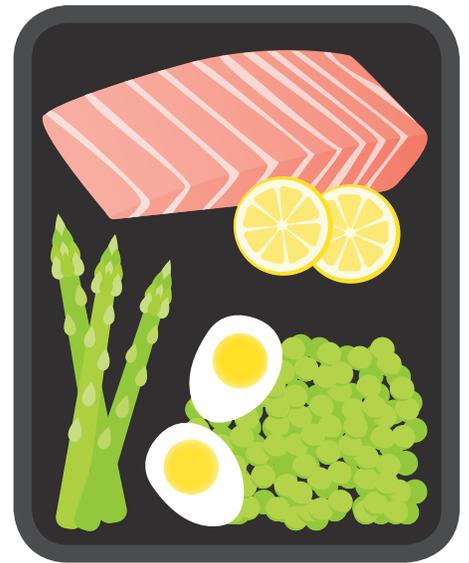
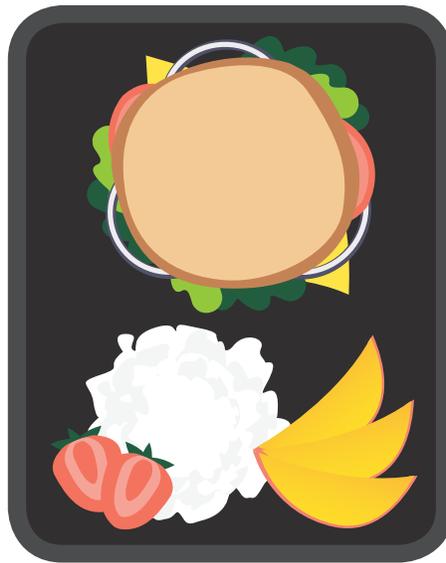
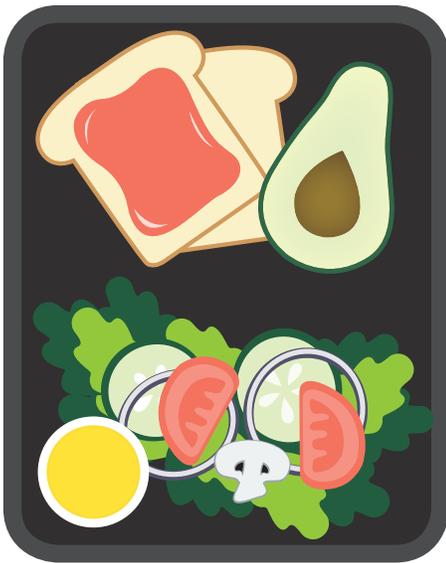


HEALTHY MEAL PREP



Wellness Specialist Riley Thornton, RD, LD, will define healthy and achievable goals for the new year and discuss strategies for creating healthy, well-balanced meals and making a game plan for simple meal prepping.

WHEN & WHERE

Wednesday, Jan. 23, noon-1 p.m.,
West Pavilion Board Room

WHO

Program is open to all UAB,
UAB Medicine, VIVA Health and
Homewood City School System
employees.

REGISTRATION:

Go to uab.edu/learn and enroll in
“Healthy Meal Prep” under the catalog tab.
Program also available via Zoom meeting;
registered participants will be emailed an
invitation to the online meeting.

*To request disability accommodations,
email dss@uab.edu or call 205-934-4205.*