

HEALTHY HABITS

Seminar Series with
Natasha Eziquiel-Shriro MS, RDN, CDCES

Every Fourth Tuesday of the Month | 12:30 PM to 1:00 PM

February 25, 2025

Lifestyle Medicine for Heart Health



March 25, 2025

Food Connects Us: Planning Healthy Meals on a Budget



April 22, 2025

Diabetes Prevention for Kids and Families



May 27, 2025

Diet & Lifestyle for Polycystic Ovarian Syndrome (PCOS)



June 24, 2025

Nutrition and Kidney Disease



 Scan To Watch



or email

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