Weight & Wellness
December 12, 11 AM - 1 PM
Preeti Bansal Kshirsagar, RD

Learn key concepts in understanding the relationship between food and optimal health, including:

- The role of certain macro-nutrients, chronic inflammation and phytonutrients in weight management
- The benefits of fiber in weight management
- How food timing relates to weight and health
- How to improve your gut microbiome with nutrition

REGISTER ONLINE
http://bit.ly/WeightWellUC
$65 with
Farm-fresh lunch included

UC Center for Integrative Health and Wellness Community Programs at the Turner Farm Teaching Kitchen