

Learn It Live: Healthy Meal Planning

What will I learn?

This interactive session will be a “primer” to help you get into a great habit or practice of meal planning. Meal planning can be done for a variety of reasons: to save money, save time, eat healthier, eat out less or to waste less. We’ll discuss what balanced meals are, how to get the most of your time in the kitchen.

When can I participate?

March is National Nutrition Month, and we will offer two sessions of Healthy Meal Planning this month. Keep in mind – if none of the options fit your schedule, you can reach out to the Be Well UC team and “host” it within your department as a Work Well session (Details available online:

<http://bit.ly/2ssaVdt>!)

Monday, March 26: University Hall (UHall) 610 from Noon-12:30pm

Wednesday, March 28: Engineering Research Center (ERC) from 11:30 a.m. to Noon

Register now on HR EDGE: <http://bit.ly/2f31BH1>

What can I expect?

You will not:

- Share any personal information you don’t wish to share
- Feel like you have a ton of homework to do afterward
- Leave overwhelmed without a clue where to start

You will:

- Have an opportunity to speak with a certified Health Coach throughout the session
- Ask and have answered your questions related to the topic, as well as about Be Well UC
- Engage with colleagues who may have similar interests as you
- Leave with a plan of action to follow to make healthy lifestyle choices



Learn about upcoming Learn It Live sessions on the Be Well UC Events Page:

<http://www.uc.edu/hr/bewelluc/events.html>

Learn more about 1:1 Health Coaching at:

<http://www.uc.edu/hr/bewelluc/healthcoaching.html>