

USG Well-being Presents

Food & You

March 7 – 28, 2023

USG Well-being is excited to announce Food & You, a new well-being program that highlights the substantial influence of nutrition on all aspects of wellness.

Good to Know

Presented by USG Faculty & Staff: Melissa Brillhart, MA, RD, LD (UWG) & Ryan Smith, RDN, LD (GSU).

This 4-week program will cover a variety of nutrition topics each week as you learn new recipes and participate in challenges to improve your diet!

Along the way, you'll discover the connections between food, physical health, emotional well-being, your environment, and your brain.

Important Dates

- Registration: February 20 - March 5
- Session 1: Food & Your Health | March 7 at noon
- Session 2: Food & Your Emotions | March 14 at noon
- Session 3: Food & Your Environment | March 21 at noon
- Session 4: Food & Your Brain | March 28 at noon

