



Virtual Lunch n' Learn

CALS Wellness Committee & Dietetics and Nutrition Club Present:
A Virtual Nutrition-Themed Lunch and Learn for Faculty, Staff, and Students

Improving Your Health Month by Month in 2023
Tuesday, February 21
12:00 PM – 12:30 PM
via Zoom

February is American Heart Month and March is National Nutrition Month® thus the lunch and learn will focus on the Mediterranean diet which can promote heart health, and act as “Fuel for the Future” which is the theme for 2023 National Nutrition Month®. Join DNC members as they also discuss healthy eating habits to fuel your body and other lifestyle changes to restore your health in 2023!

Join Zoom Meeting

<https://uwmadison.zoom.us/j/94391973927?pwd=MXZPZWZhKcUZXTTEJJbUhlaitTcmIBdz09>

Meeting ID: 943 9197 3927

Passcode: 018056



**College of
Agricultural & Life Sciences**
UNIVERSITY OF WISCONSIN-MADISON

