

EAT WELL TO TEST WELL

TAUGHT BY KAYLA PARSONS

2023 GHHS 
Well-being
Workshop Series



APRIL 20 (5:30-6:40 P.M. ET)

University of New England College of Osteopathic Medicine
(St. Francis Room)

FREE & open to all healthcare team members and students. All you need to bring is your love of food and desire to learn. Supplies and ingredients will be provided.

LEARN:

- the impact of diet quality on academics
- cooking self-efficacy and nutrition knowledge
- mindful eating



Registration is required.
Scan the QR code or go to
gold-foundation.org/events
to register.

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20
years