

Subject: Last Chance to Join Our “Mediterranean Wellness Journey”!

Just a friendly reminder that our "**Mediterranean Wellness Journey**" begins on September 27th! Don't miss this opportunity to transform your eating habits and learn from Michele Blanchet, RD.

You'll gain hands-on experience with Mediterranean recipes, learn practical tips for incorporating healthy eating into your routine, and connect with others on the same journey. A great way to boost your well-being this fall!

Program Overview: Over four weeks, participants will engage in three virtual sessions, a weekly chat board for homework and challenges, an interactive cooking demonstration and group discussions. The final session ends with an in-person potluck and team-building event.

Program Details:

- **Duration:** Four weeks
- **Time:** 10 AM to 11 AM
- **Schedule:**
 - Session 1: September 27 **Virtual**
 - Session 2: October 4 **Virtual**
 - Session 3: October 18 **Virtual**
 - Session 4: October 25 **In-Person** at your site (room # to be confirmed) and **Zoom link** also provided

Session Outline:

- **Week 1:** Nourishing Foundations of the Mediterranean Diet (Virtual Session)
 - Cultural and historical significance
 - Overview of Mediterranean Diet principles
 - Health benefits, key nutrients, and ingredients
 - Q&A and goal setting for dietary changes
- **Week 2:** Bringing the Mediterranean Diet to the Workplace (Virtual Session)
 - Introduction to workplace nutrition and building a supportive environment
 - Meal planning strategies for lunch
 - Healthy snack options
 - Group discussions and meal planning activities
- **Week 3:** Mediterranean Cooking Experience (Virtual Session)
 - Introduction to common Mediterranean cooking techniques and ingredients
 - Live cooking demonstration of Mediterranean-inspired dishes
 - Group discussion, cooking tips, and recipe modifications
- **Week 4:** Potluck & Team Building (In-Person / Virtual Event)
 - Participants share and showcase a Mediterranean-inspired snack
 - Tips for making healthy eating part of your daily life

- Team connection, reflection and celebration of achievements

Special Benefits:

- **Easy Recipes:** Receive a collection of simple Mediterranean-inspired recipes.
- **Practical Tips:** Get advice for lasting dietary changes.
- **Fun Rewards:** Earn prizes for active participation!

Secure your spot today and join us on Zoom!

To participate in the virtual sessions of our "Mediterranean Wellness Journey," you will need to register in advance using the Zoom link below:

Zoom Registration Link:

<https://us06web.zoom.us/meeting/register/tZMkdeCupkjE9JRfLuahuzBsaYifL1OsedS>

After registering, you will receive a confirmation email with details on how to join the meeting.

We are excited to start this wellness journey with you.

Cheers,

Shelby Douglas
Wellness Ambassador