

# LUNCH 'N LEARNS

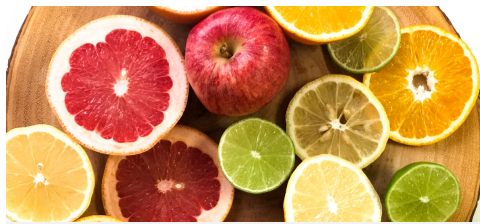
GRAB SOME FOOD AND JOIN FLIK REGISTERED DIETITIAN OLIVIA BUBRI MS, RD, LDN ON YOUR LUNCH BREAK FOR A WEBINAR. TOPICS DESIGNED FOR 45-MINUTE SESSIONS.

READY TO SCHEDULE? CONTACT US!  
[OLIVIA.BUBRI@COMPASS-USA.COM](mailto:OLIVIA.BUBRI@COMPASS-USA.COM)



## NUTRITION 101: HOW TO BUILD A HEALTHY PLATE

Healthy eating simplified! In this session we will go over the basics on how to build a healthy plate



## FOOD & IMMUNE FUNCTION

In this session we will talk about foods to eat to support your immune system to help you stay well.



## THE GOAL GETTER

Learn how to set achievable nutrition goals and tips and tricks to help you stay on track with your goals.



## MINDFUL EATING

In this session we will discuss how to master mindful eating a technique to apply to help you maintain control over your eating.



## DITCH THE DIET MINDSET

In this session we will talk about how to build a healthy relationship with food in place of the diet culture popular today.



## NUTRITIOUS KITCHEN: PANTRY STOCKING SIMPLIFIED

In this session we will learn the art of stocking your pantry and refrigerator like a pro.