

# LUNCH N LEARNS

GRAB SOME FOOD AND JOIN IVY MUMO, RDN FLIK REGISTERED DIETITIAN ON YOUR LUNCH BREAK FOR A WEBINAR. TOPICS DESIGNED FOR 45-MINUTE SESSIONS WITH TIME FOR Q&A.

## HOW IT WORKS

1. Pick your class
2. Schedule a date and time with us
3. Grab your lunch and join us live for your webinar

## KEY HIGHLIGHTS

PRICE: \$375 per class

LENGTH: 60 Minutes

Class Capacity: 200 guests

## CUSTOM CURATED CLASSES

Have an idea for your lunch and learn contact us and let us know. We are happy to customize an event for you!

## READY TO SCHEDULE YOUR CLASS

### CONTACT US

Ivy Mumo, RDN LDN  
Regional Wellness Manager  
ivy.mumo@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