

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

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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