

2025 Virtual Nutrition Workshops

To celebrate March's national nutrition month, we invite staff and physicians to Leap into Heart Health with virtual nutrition workshops.

Healthy nutrition supports overall wellness by managing your blood pressure, blood glucose and weight, while improving your sleep, energy levels and emotional well-being.



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The Power of Tracking your Nutrition – presented by Lifesum Wed., March 12, 12:30 p.m. on Teams

Learn how tracking your food intake on an app can provide deeper insights, improve consistency, and support long-term well-being. A nutritionist and app specialist will demonstrate Lifesum's new Multimodal Tracking features, enhancing your nutrition journey to help you reach your wellness goals. Don't miss this opportunity to unlock the full potential of tracking!



Attuned Eating- presented by Sharon Muha, BMS, LSM Wed., March 19, 12:30 p.m. on Teams

Explore how you may create harmony between hunger levels, the foods you choose, and satisfaction with each meal. We will discuss “AIM,” Attunement: developing the ability to use your body's natural signals for hunger to decide when, what and how much to eat; Intention: identifying what your body craves and match it with foods that will satisfy you, and Mindfulness: eating in a mindful way to reduce episodes of emotional eating.



Balanced Eating – presented by Marta Acosta, RD, HED Tue., March 25, 12:30 p.m. on Teams

Feeling tired, anxious and having sleeping problems? Have you ever considered changing your eating habits to improve your overall well-being? Balanced is the key! Balanced eating provides the nutrients your body needs to perform properly. We will go over the main nutrients, and ways to achieve a balanced meal plan to help you grow, repair and overcome daily stressors.



Scan the QR codes to join the workshops.

For each workshop you attend, you'll earn 4 Wellness University credits towards great rewards. Visit [Events – KP Wellness University](#) and to learn more about these and many other Wellness University events and classes.

Questions? Visit kpwellnessu.org, email Employee-Wellness-SSC@kp.org or call (916) 525-4820.