

2026 Virtual Nutrition Workshops

To celebrate March's national nutrition month, we invite staff and physicians to our annual 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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WELLNESS UNIVERSITY

Attuned Eating

presented by **Dr. Sharon Muha, PsyD, Lifestyle Medicine**
Wed., March 25, 12:30 p.m. on Teams

Explore how you may create more harmony between hunger levels, the foods you choose, and satisfaction with each meal. We will discuss “**AIM,**” - **Attunement**, the primary skills of Attuned Eating to learn the ability to use your body's natural signals for hunger and fullness 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.



Real Food, Feel Well: Guide to Basic Nutrition

presented by **Mariam Hamadeh & Marta Acosta, RD**
Tue., March 31, 12:30 p.m. on Teams

We'll explore what is eating real, whole foods and how avoiding ultra-processed options like sugar, fast food, and packaged snacks may boost your energy, improve your sleep, and help you feel well. We'll discuss basic nutrition, tips to how to eat real, and explore Wellness University resources, including the updated food pyramid. We will allocate time for you to ask our Dietitian any nutrition-related questions to better support your overall health & well-being.



Scan the QR codes to join the workshops.

For each workshop you attend, you'll earn 4 Wellness University credits you can redeem towards great rewards.

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

Wellness University: taking a genuine interest in physician and employee well-being