Weight & Wellness
January 23, 11 AM - 1 PM
Preeti Bansal Kshirsagar, RD

Learn key concepts in understanding the relationship between food and optimal health, including:

- The role of certain macro-nutrients, chronic inflammation and phytonutrients in weight management
- The benefits of fiber in weight management
- How food timing relates to weight and health
- How to improve your gut microbiome with nutrition

REGISTER ONLINE
$65 with Farm-fresh lunch included

UC Center for Integrative Health and Wellness Community Programs at the Turner Farm Teaching Kitchen