“Healthy Cooking and Meal Planning: Nutritious Can be Delicious!” Brown Bag

Please join the YourLife Nutrition Resource Group as we discuss simple ways to prepare meals that are not only tasty, but that will also help you to achieve your wellness goals!

Following this seminar, you will be better able to:
- Meal plan
- Choose healthy recipe substitutions
- Shop and meal plan on a budget

**Presenter:** Rebecca Levine, MS, RD, LDN
Center for Lifestyle Medicine, Northwestern Medical Group

**When:** Tuesday, July 18, 12:00pm – 1:00pm

**Where:** Lurie Research Center, Gray Seminar Room, 303 E Superior, Chicago

Contact Evelyn Cordero, Wellness Coordinator, Human Resources Benefits Division, at evelyn.cordero@northwestern.edu or 847-467-6246 with questions.