

HUMAN RESOURCES



COLLEGE OF STATEN ISLAND

JOIN HUMAN RESOURCES FOR ANOTHER LUNCH & LEARN SESSION

Eating Your Way to Wellness

May 10, 2016

Location: Building 1A, Room 308

Time: 12:00 – 1:00 PM

We always hear about having healthy habits; however, so many diet plans have warned us to stay away from particular food groups or eliminate certain things from our meals. This session focuses the USDA Food Plate with tips and resources on how to eat your way to better and long lasting health.

RSVP to humanresources@csi.cuny.edu

Please feel free to bring your lunch. Registration is required as space is limited.