

Healthy Eating in a Stressful World



When life gets busy, healthy eating is often one of the first things to fall off track. Stress can affect your eating habits, hormone balance, energy levels and overall well-being.

In this presentation, you'll discover how to:

- Recognize how stress can influence eating habits and overall well-being
- Make nutritious choices when time and energy are limited
- Set realistic, achievable goals that support healthy habits
- Build a personalized plan that fits your lifestyle

Virtual Presentation

Date: Wednesday, Oct. 7

Time: 2-3 p.m.

[Click to Register Now on Webex](#)
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Healthy Reward Points:

Earn 5 Healthy Reward points for attending. Participants must register and attend via Webex for points to be awarded.



Questions? Contact Workforce Health
at 414-777-3410

Monday-Friday: 7:30 a.m.-4:30 p.m.



Workforce Health