

# GEHA.



## You're invited to GEHA's Food as Medicine webinar

Wellness starts in the kitchen. Making healthy choices is more than eating an apple a day — it's about getting more nutrient rich, disease preventing and functional foods in your cart and on your plate.

Join Mandy Katz, Giant Food in-store nutritionist, and Coletta Meyer, GEHA Health and Wellness Manager, to learn detailed information on how to improve your health through your food choices.

**Join from your computer at 12 p.m. Eastern time on Monday, April 18.**

**[Please register](#)** to secure your spot.

**Register Now**

Feel free to forward this invitation to your colleagues. If you plan on participating from work, please use your work email address when registering. You'll receive an email confirmation of your reservation, as well as instructions for viewing and listening to the webinar via computer or mobile device. Then grab your headphones and join us on April 18 to learn more about ways to use food as medicine.

**Technical assistance: Email ON24 at [audience.support@on24.com](mailto:audience.support@on24.com)**

*Please note: Everyone who registers will receive an email with a link to the recorded webinar along with a copy of the slides. Other questions: Email [wellnesswebinars@geha.com](mailto:wellnesswebinars@geha.com).*

Register now: <https://event.on24.com/wcc/r/3637470/2B266534F9B0700EB38E17E44721B7CF?partnerref=NCSSMA>