

GEHA.



Join us for our Meal Planning for Health, Budget and Time webinar

If you think eating healthy is too expensive, then this webinar is for you! Learn how to stretch your dollars to provide nutritious and delicious meals on a budget. We'll share tips for meal planning including how to make it an enjoyable (and fun!) part of your weekly routine.

Coletta Meyer, GEHA's Manager of Health & Wellness, and Melanie Berdyck, from the healthy living team at Giant Food, will share many helpful meal planning tips.

Join us from your computer at 12 p.m. Eastern time on Monday, August 8, 2022.

Please register to secure your spot. If you are unable to attend at this time, registrants will still receive a copy of the presentation afterward.

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 August 8 to learn how to start meal planning.

Register

Technical assistance: Email On24 at 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.

Registration link:

<https://event.on24.com/wcc/r/3637967/33B5525E6508D6E25DE8AD641368169B?partnerref=NCSSMA>