



**YOU'RE INVITED!**



**A webinar offered by REEP in partnership with Anthem Employee Assistance Program (EAP)**

*Focused on today's pressing issues...*

## **Eating Right on the Run and on a Budget**

**DATE**

**TIME**

**Thursday, September 15, 2022**

**4:30 P.M. – 5:30 P.M. PDT**

**View the Event Page [here](#) and Click 'Register' under event status or scan the QR code below.**

### **Program Overview:**

We all make excuses for eating "junk or "fast" food. This seminar will cover realistic strategies that will allow us to eat well without breaking the bank. There are many options and knowing the truth empowers us to make the right choices for our health, and even our wealth. Learn the basics of eating healthy within your financial means, including when to select organic foods.

**We look forward to seeing you!**

