

Nutrition Made Easier lunch and learn message (PEBB)

How to use

1. Share the message below with employees before June 5, 2024.
2. The message is ready to use as is. You can also tailor it to fit the needs of your organization.

**Tip:** Highlight the value of worksite wellness by asking your leadership to send the message. Doing this completes tasks 1.3 and 5.4 of our [Worksite Wellness Roadmap](https://fortress.wa.gov/hca/wawellness/login.aspx) to earn our [Zo8 Award](https://www.hca.wa.gov/about-hca/washington-wellness/tracking-success).

MESSAGE BELOW

**Subject**: You’re invited! Lunch and learn: Nutrition Made Easier

Join WebMD for the Nutrition Made Easier lunch and learn webinar.

Objectives:

* Describe the impact of eating habits
* Identify the parts of the Nutrition Facts label
* List foods that make up a healthy diet
* Choose 3-5 tips to make healthier choices
* Learn about the Five to Thrive Challenge

**When and where**

Wednesday, June 5, 2024

Noon to 12:30 p.m.

GoTo Webinar

**How can I sign up?**

[Register](https://register.gotowebinar.com/register/962008241740927576) to join the webinar on June 5.

A recording will be available on [HCA’s website](https://www.hca.wa.gov/employee-retiree-benefits/smarthealth-pebb) by June 12.

**Live captioning available:**

Communication Access Real-time Transcription (CART) services, or live closed captioning, are available for this event, on demand. To request this accommodation, please submit a request to [Kristen Stoimenoff](mailto:Kristen.Stoimenoff@hca.wa.gov) as soon as possible. If you make your request less than a week in advance of the event, our language access manager cannot guarantee that a CART writer will be available.

**Questions?**

Contact [Jamie Wise](mailto:jwise@webmd.net).

**END MESSAGE**