

DROP-IN NUTRITION EDUCATION



EVERY WEDNESDAY, 2:30-5PM
CHECK IN AT SOCIAL SERVICES, ROOM 2280

WHAT Meet with a registered dietitian to get general guidance on healthy eating. Bring your food-related questions with you!

WHEN Drop-ins take place on Wednesdays from 2:30-5pm.
WHERE The last appointment slot is 4:45pm. Nutrition sessions are 15 minutes long. Check in at Social Services (room 2280) on the 2nd floor of UHS Tang Center during drop-in times.

For last minute scheduling changes, see uhs.berkeley.edu/nutrition-education-sessions.

COST Drop-in sessions are **FREE** of cost!
No appointment is necessary. Students are seen on a first come, first served basis.

UHS DIETITIANS



Elizabeth Aong
MPH, RD

Interests: Community public health and workplace wellness.



Toby Morris
MS, RD

Interests: Weight management, eating disorders and mindful eating.



Sarah Minkow
MS, RD

Interests: Nutrition for disease prevention and treatment, mindful eating, and food security.