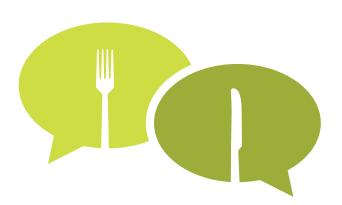
DROP-IN NUTRITION EDUCATION



EVERY WEDNESDAY, 2:30-5PMCHECK 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 WHERE

Drop-ins take place on Wednesdays from 2:30-5pm.

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.

Toby Morris

UHS DIETITIANS



Elizabeth Aong MPH, RD Interests: Community public health and workplace wellness.



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.



