

Helping staff get ahead at Northwestern through career and personal development & programming

AHEAD@NORTHWESTERN

Feel Good!

How to Attack Snacking the Healthy Way!

Join Vicki Shanta Retelny, RDN, for a lively 30-minute discussion and culinary demonstration on ways to get through the day with energizing, nourishing snacks that won't break the calorie bank. Bring your curiosity as questions are more than welcome!



**Wednesday, April 14, 2021
12:00pm - 12:30pm**

via ZOOM

**RSVP at
<https://tinyurl.com/4s75y4fx>**