

CareHere!®

Meal Planning



Monday, June 7th

11:30-12:30p or 5:30-6:30p CDT

Webinar

CareHere presents
Meal Planning.

Participants of this webinar will learn practical tools for setting a food budget, planning meals on a monthly basis and grocery shopping on a budget.

***Please note: Participants MAY NOT join webinars during work hours. All webinars and programs are to be completed outside of work hours. If you are interested in this webinar but are unable to view it at the scheduled time, you may request a recorded version by e-mailing wellness@carehere.com.**

Please go to www.carehere.com to register and log on with your user name and password. Click on Wellness Registration (April-June) on the green navigation bar. This will pull up an enrollment form, where you may register for this program. Fill out the form to register and click done.

If you have questions regarding this presentation, you may contact CareHere Health Coach, Rhonda Wood, RN at rwood@carehere.com or call 877-866-6430 x6402.