

CareHere!®

and your employer present a
**Refrigerator and Pantry
Makeover**

Tuesday, June 22nd

2:30-3:30p CDT

or

Wednesday, June 23rd

4:30-5:30p CDT

Webinar

Our CareHere Registered Dietitian will provide tips on food safety, healthy pantry staples and how to create a refrigerator stocked with health-promoting foods.

Participants will learn about safe refrigerator temperatures, how to properly clean their refrigerator and how to shop for a variety of cold, frozen and pantry staples to keep on hand.



***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, Elizabeth Di Biase at edibiase@carehere.com or call 423-847-1638.