

# CareHere!® Teaching Tuesdays

Sign up for the Teaching Tuesday's Webinars:  
*How To Use Online Food Journaling, Basic Nutrition or Meal Planning*



## How to Use Online Food Journaling

This time of year many people have renewed their interest in eating better. Research shows that the most successful people keep a food journal. When you write everything you eat and drink from waking up in the morning to going to bed at night, not only are you more likely to lose weight but also keep it off. A food journal is not hard; it can be done in a note book or through a free online journaling website.

To learn how you can start journaling, you may tune in at one of the following dates and times:

January 4th • 4:00p-5:00p CT  
January 11th • 11:00a-12:00p CT  
January 18th • 5:15p-6:15p CT  
January 25th • 4:00p-5:00p CT

## Basic Nutrition



Health and wellness is an important topic these days. Every time you turn around, there is another article or another report about what you should and should not eat.

It is hard to decipher it all and incorporate it into your life. The "Basic Nutrition" webinar can help you incorporate healthy eating into your lifestyle. It will teach you the basics of the food pyramid, importance of water, how to read a food label, and strategies for portion control.

You may learn about Basic Nutrition on one of the following dates and times:

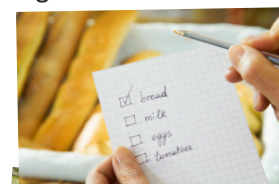
January 4th • 11:00a-12:00p CT  
January 11th • 5:15p-6:15p CT  
January 18th • 4:00p-5:00p CT  
January 25th • 11:00a-12:00p CT

## Meal Planning

Are you interested in learning some practical tools for setting a food budget, planning meals on a monthly basis and grocery shopping on a budget? If you are interested in creating a healthier lifestyle by applying these tools, join our CareHere Health Coach, as she leads you through this webinar.

To learn tools for effective Meal Planning, join this webinar on one of the following dates and times:

January 4th • 5:15p-6:15p CT  
January 11th • 4:00p-5:00p CT  
January 18th • 11:00a-12:00p CT  
January 25th • 5:15p-6:15p CT



**\*Please note: All webinars and programs must be completed outside of work hours.**

### *Here's how to register:*

To register for any of the above webinars, please go to [www.carehere.com](http://www.carehere.com) and log on with your user name and password. Click on Wellness Registration (Jan-Mar) 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. Information on how to join the webinar will be sent to you after you register. You may also call 877-423-1330 to register.

If you are unable to view any of the these webinars at the schedule times, you may request a recorded version by e-mailing [recordings@carehere.com](mailto:recordings@carehere.com).