

CareHere!®

Healthy Dining Out



Thursday, April 1st

5:00-6:30p CDT

Administration Building-Conference Room

303 North Church Street • Murfreesboro, TN 37130

Rutherford County and CareHere
present ***Healthy Dining Out.***

CareHere Registered Dietitian, Denise Halbert, will educate participants on how to dine out and make the healthiest choices. Local and common restaurant menus will be reviewed for best choice menu items.

She will also present strategies for implementing small changes to reduce calorie, salt, and fat intake.

***Please note: Participants MAY NOT join programs during work hours.
All programs and webinars are to be completed outside of work hours.**

Please go to www.carehere.com to register and log on with your user name and password. Click on Wellness Registration 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, Denise Halbert, RD at dhalbert@carehere.com or call 866-6401.