

CareHere!®

# Healthy Dining Out



**Monday, April 19th**  
**4:00-5:00 CDT/5:00-6:00p EDT**  
**Webinar**

CareHere  
presents *Healthy Dining Out.*

CareHere Registered Dietitian, Liza Derbalian, 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 webinars during work hours. All programs and webinars are to be completed outside of work hours.**

Please go to [www.carehere.com](http://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, Liza Derbalian, RD at [lderbalian@carehere.com](mailto:lderbalian@carehere.com) or call 407-583-6980.