



# Healthy Eating for Busy Lives

Maintain a healthy diet while eating out and traveling with nutrition basics, home cooking, and meal prep tips.

**Healthy Eating  
for Busy Lives**  
**Wednesday, July 2**  
**12 p.m. - 1 p.m.**

**Register Now**

**Space is limited.**

**Questions?**

Member Services Has the Answers. Call 1-800-414-SHBP (7427).

