



## 2025 LUNCH AND LEARN SERIES

JANUARY 21: Small Goals, Big Changes - Transform Your Health in 2025

FEBRUARY 18: 10 Healthy Eating Habits to Adopt Now!

MARCH 18: Spring Into Clean Eating

APRIL 15: The Food and Mood Connection - Nutrients to Improve Mental Health

MAY 20: Move More in May - Variety and Creativity in Movement

JUNE 10: Foods to Keep You Hydrated

JULY 15: On-The-Go Eating Tips

AUGUST 19: Subtracting Sugar from the Added Sugar Phenomenon

SEPTEMBER 16: Build-a-Bowl - Balanced Meals Made Simple

OCTOBER 21: Making Healthy Food Fun!

NOVEMBER 18: Insulin Resistance - Reducing Your Risk of Type 2 Diabetes

DECEMBER 9: Immunity Boosting Foods

**ALL PROGRAMS BEGIN AT 11:30 A.M.**

**SCAN THE QR CODE TO LEARN MORE OR  
VISIT [OSHR.NC.GOV/WELLNESS-WEBINARS!](https://OSHR.NC.GOV/WELLNESS-WEBINARS!)**



NORTH CAROLINA Office of  
**State Human Resources**