

Join us to learn about

MEAL PLANNING



March 10, 2017
12:10pm–12:55pm

Location:

HSS Wellness Center
1145 Market Street, 1st Floor
San Francisco, Ca 94103
(415) 554-0643

Meal planning is a great way to make sure you're eating a balanced diet and meeting your nutritional needs. Furthermore, meal planning can save you time and money. This training empowers you to learn the steps of meal planning in order to eat fresh meals from home and work, allowing for improved health management as well as saved time and money.

NO RSVP REQUIRED.