

EAP WEBINAR

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Mindful Meal Planning

Presented by: Christine Luken

Most of us would like to eat healthier, but cost can be a major deterrent. By investing a small amount of time and effort in Mindful Meal Planning, you can easily save 30 percent on your family's food bill. In this fun and informative workshop, you will learn how the simple strategies of meal planning can save them time, stress, and money when it comes eating healthy. Topics covered include: Meal Planning Basics, Why Your Freezer is Your Best Friend, Time Saving Food Prep Tips, and Save Money While Eating Healthy.

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