

NUTRITIONAL WORKSHOP SERIES

Tuesdays at Noon from September 20th thru October 25th



TIKTOK FOOD TRENDS & WHAT REALLY WORKS

September 20th

Learn the truth about social media trends regarding nutrition/weight management.



NUTRITION FOR OPTIMAL FITNESS

September 27th

Understand ways your nutrition can optimize your fitness goals.



WHAT IS DISORDERED EATING?

October 4th

Learn how certain “diets” hinder your nutritional goals.



THE COVID ERA

October 11th

How do you fix the long term effects the pandemic had on your mood, weight and body?



HAPPY GUT: WHAT FOODS CONTRIBUTE TO STOMACH PROBLEMS?

October 18th

Find out what foods can heal or hinder your stomach.



FOOD CAN IMPROVE YOUR MOOD

October 25th

Ever feel like you can't focus? Feeling tired, anxious or irritable? The right nutrition can help your mental health.



**STUDENT
HEALTH
SERVICES**
EL CAMINO COLLEGE

To register go to [SHS Workshops](#) or scan the QR Code!

