



Shine

SUPPORTING HEALTH IN EVERYONE
AN HHS PROGRAM

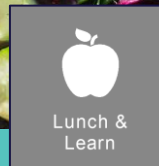


**Hamilton
Health
Sciences**

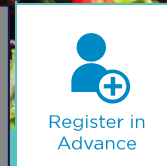


ShineHHS.ca

Meal Plans to Nourish Busy People



Lunch &
Learn



Register in
Advance

Too busy to get healthy meals on the table? Are you stuck on repeat on the same boring meals? Are you spending too much money on convenient foods? Food is one of the foundations of health. If you work long days or shift work, it can seem impossible to get healthy meals on your table. Join Registered Nutritionist, Jenn Potter, as she discusses real life strategies for getting easy healthy meals both at work and at home. Explore the benefits of eating simple yet nourishing meals with Well Planned. This can include improved mood, better energy, glowing skin, stronger hair, improved stress resilience, and better sleep. So why not give it a try?

When you come to one of our classes you will receive **one-week free of a Well Planned real food menu, recipes, prep instructions, and a grocery list** that will help jump start your journey to eating well so you can feel better and live better. Jenn will also be bringing **some nutrient dense goodies** so you can feel nourished all day long!

Mark Your Calendar!

Mon Nov 5	KW	12:15PM – 12:45PM Room 22-009
Wed Nov 7	WLMH	11:30 AM – 12:00 PM 12:15 PM – 12:45 PM Conf. Room A & B
Thurs Nov 8	MUMC	11:30 AM – 12:00 PM 12:15 PM – 12:45 PM MUMC3E26
Tues Nov 13	SPH	11:30 AM – 12:00 PM 12:15 PM – 12:45 PM North Conference Room
Thurs Nov 15	JHCC	12:15 PM – 12:45 PM JH 4-Aud
Fri Nov 16	HGH	11:30 AM – 12:00 PM 12:15 PM – 12:45 PM Marg Charters
Wed Nov 21	PHRI	12:00 PM – 12:30 PM Auditorium

Questions?

Melissa Cummings
Healthy Workplace Coordinator
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EVENT BROUGHT TO YOU BY
Jenn Potter
Registered Holistic Nutritionist

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<https://www.jennpotter.com>

Jenn has been on her own health journey for the last 8 years. She has spent this time researching and studying in the areas of holistic nutrition, fitness, personal care, mindfulness practices and healthy lifestyle habits. In school, Jenn studied Community Health at Brock University which propelled her to pursue a post-graduate diploma in Workplace Wellness and Health Promotion from Centennial College. After experiencing and witnessing the struggle of burnout and work-life balance, Jenn completed her education from the Institute of Holistic Nutrition and became a full-time Registered Holistic Nutritionist where she focuses on her meal plan subscription service, Well Planned. Helping busy people get nourishing meals on their dinner table!