FREE DIETITIAN WEBINAR

Elevating the Food Conversation: Six Steps to Help Overcome Food Bullying

SPEAKER:
Michele Payn

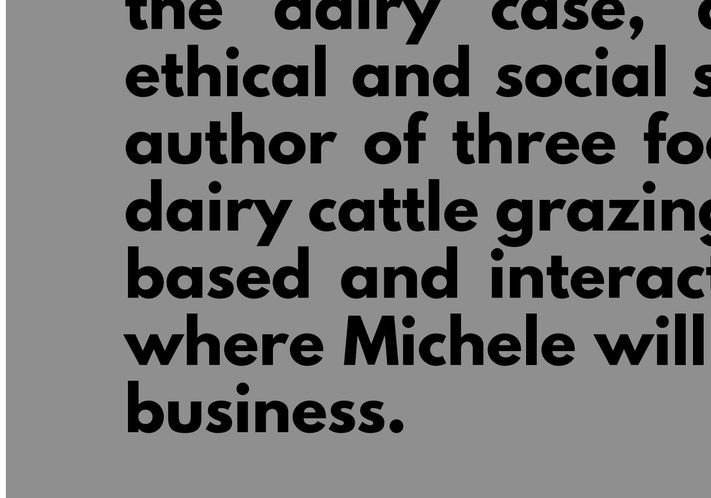
DATE:
Wednesday, October 7

TIME:
12:00 PM - 1:30 PM

WEBINAR OBJECTIVE

There's too much fear in food today. This fear hurts your health as stress increases about eating the "right food" - especially during a global pandemic. Michele Payn will help you elevate the conversation with insight when people are the most vulnerable to food bullying, ways bullies leverage fear in the dairy case, and how to use health, environmental, ethical and social standards to buy food with confidence. She author of three food books and a professional speaker with dairy cattle grazing in her front yard. Join us for this evidence-based and interactive webinar to simplify safe food choices, where Michele will bring examples from a lifetime in the dairy business.

REGISTER NOW



The first 100 registrants will receive a FREE copy of Michele Payn's book titled, "Food Bullying How to Avoid Buying B.S."

During this LIVE webinar, THREE attendees will be selected at random to win a FREE wine, fruit and cheese gift set!

In partnership with New York State Academy of Nutrition & Dietetics and NYS American Academy of Pediatrics Chapter 1 and open to northeast health association affiliates.

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