



SIMPLE STEPS TO A HEALTHIER YOU: EASY TIPS AND TRICKS TO BUILD A HEALTHY LIFESTYLE



DATE:

**TUESDAY
JUNE 17, 2025**



SPEAKER:

**LISA BIXBY
RDN, LD**



TIME:

10:30AM CST

WEBINAR AGENDA:

Join us for this webinar where we will explore practical and easy-to-implement strategies to live a healthy lifestyle. We will focus on nutrition, exercise, sleep and stress management.

<https://bit.ly/NDSteps>

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