

UPCOMING WEBINARS



**December 14th, 10:30am CST -
Boost Your Immune System
with Nutrition**

<https://bit.ly/ImmuneNutrition>

US: +1 929 205 6099

Webinar ID: 991 5999 8677

Passcode: 873156

**November 16th, 10:30am CST -
What is a Dietitian Consult and
How Can it Help Me?**

<https://bit.ly/DietitianConsult>

US: +1 929 205 6099

Webinar ID: 984 0820 6339

Passcode: 012977



**January 25th, 10:30am CST -
The Importance of Hydration and
Protein for Older Adults**

<https://bit.ly/HydrationOlderAdults>

US: +1 929 205 6099

Webinar ID: 921 6435 3934

Passcode: 140775

All webinars will be recorded and available at <https://bit.ly/NDRecordings>