

**REGISTER NOW**



at [go.unc.edu/CHINutrEd](https://go.unc.edu/CHINutrEd)

# VIRTUAL NUTRITION CLASSES

*PROVIDED BY THE CAROLINA HUNGER INITIATIVE*

TUESDAY, APRIL 7 THROUGH APRIL 21  
ON ZOOM FROM 6:30-7:30PM

## LEARN HOW TO:

- Create a healthy relationship with food and exercise.
- Practice mindfulness around meals and movement.

