

Enroll
HERE!

Fueling Well-Being: Nutrition for Workplace Performance

Food fuels everything—from focus and energy to resilience and recovery. This session is all about making nutrition work for you in a busy workplace. Expect real-world strategies, engaging discussions, and small shifts that create a big impact.

**Bring a snack for a
mindful eating activity**

Our objectives include:

- Practical ways to fuel your body for better energy, focus, and performance.
- Hands-on “Fuel for Focus” resource to try a personalized nutrition habit.
- Guided mindful eating exercise to reconnect with how food makes you feel.

- **Date/Time:**

4/2/25

10:00 am - 11:00 am

- **Cost:** No Cost

- **Location:** Zoom



**Kayli Julius - Director of
Wellbeing- Curry Health
Center**

With a B.S. in Community Public Health, I am a National Board Certified Health and Wellness Coach, as well as a

National Diabetes Prevention Program Certified Lifestyle Coach and Master Trainer. Passionate about guiding others on their wellness journeys, I find fulfillment in helping people achieve balance and health. As a mother of two and Director of Wellbeing, I prioritize my own wellness through daily movement, nutritious eating, hydration, and quality time with my family and dog, Knicks.

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by
MT DPHHS
**Behavioral Health and
Developmental Disabilities**

