

**#LiveWithVitality**

# **Nutrition Wednesdays**

**Catch these Live Webinars by Holmusk in April!**

<b>Dates</b>	<b>Sessions</b>
<b>13 April 2022 (Wed) 12pm – 1pm</b>	<b>Eat Right at Home</b>  Do you know that family meals at home allow parents to create a supportive environment that promotes healthy eating? This will be a step-by-step guide towards eating healthier at home, starting from your kitchen.
<b>20 April 2022 (Wed) 12pm – 1pm</b>	<b>Nutrition for Heart Health</b>  Heart disease is the leading cause of death globally, but it is not inevitable. There are plenty of ways that we can reduce the risk of heart diseases. In this session, we will address the different risk factors and nutrition components that you need to know, to better care for you and your loved ones' heart health.
<b>27 April 2022 (Wed) 12pm – 1pm</b>	<b>SMART goals for your family</b>  Have you ever set goals for a change but it does not seem to work out right? Good nutrition and healthy eating habits can be cultivated if we are doing it right. Learn how to set SMART goals as a family in this session and work towards a healthier lifestyle together!

## **Your first wealth is good health!**

This series of **Nutrition Wednesdays** webinars aim to equip you to put you and your family's nutrition first! Look out for AIA Vitality's emails with instructions on how you can register for these enriching sessions and receive **50 AIA Vitality points** for each session you registered and attended. A key takeaway sheet will be provided post-webinar.

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