

## WellNYS Everyday Monthly Webinar **Building Healthy Meals**



**Wednesday, August 9, 2023**  
12:00 noon – 12:40 P.M.

In this workshop, presented by Registered Dietitian Danielle Munn, you'll gain tools and knowledge on how to make meal-prep a breeze. Whether it's a need for a quick mid-week dinner or a plan for the entire week, you'll learn how to succeed. Healthy recipes will also be provided.

*Presented by:*  
**Danielle Kiser**  
Registered Dietitian, CDPHP

To register for this webinar

Go to <https://meetny.webex.com/weblink/register/rf1d283b1a89b9230d4ed3e6b8e8eab21>

You will receive a confirmation email with instructions for joining the session. This session will be recorded and made available on the WellNYS Everyday website.