

Healthy Eating Seminar

SPEAKER: **FADUMO ISMAIL**

Sr. Fadumo Ismail is a registered nurse with a passion for nutrition and has 12 years of experience working in hospitals such as, Sharp Grossmont, Scripps Memorial La Jolla, and others in San Diego. She is currently a Public Health Nurse with the county of San Diego investigating preventable diseases.

TOPIC FOCUS:

- +Empowering parents to promote a healthy lifestyle in their family.
- +Exploring portion size & forming good habits with food.
- +How a healthy lifestyle can have a positive impact on your mental health & wellbeing.

TUESDAY, OCTOBER 22

CLAIREMONT CAMPUS MPR

2:00PM - 2:45PM

