

THE MAXWELL & ELEANOR BLUM PATIENT AND FAMILY LEARNING CENTER

5 Tips for a Healthy Start to the New Year

Hoping to make some healthy changes in the new year, but unsure where to start? Join dietetic intern, Deanna Nappi, MS, for a discussion on tips to make your nutrition and lifestyle resolutions stick. You will learn about several evidence-based practices for improving your health and how to go about making those changes sustainable. You will also have the opportunity to ask Deanna questions about nutrition so that you can leave confident in your ability to eat healthy in 2022!

This online program is free and open to MGH staff, patients, and the general public.

To attend this program, click on this link:

<https://partners.zoom.us/j/86137130850>



Featured Speaker: Deanna Nappi, MS

Deanna is currently a dietetic intern at Massachusetts General Hospital, working towards becoming a registered dietitian. Prior to becoming a dietetic intern, Deanna spent several years working in education and food access before receiving her Master of Science in Food and Nutrition Policy and Programs from Tufts University. Deanna is passionate about creating equitable and sustainable community food systems and looks forward to contributing to these systems as a registered dietitian.



Date: Tuesday, January 11, 2022

Time: 12:00 PM - 1:00 PM

**For more information,
call 617-724-7352 or
email pfic@partners.org**