



## Creating New Healthy Food Habits

**Gain actionable tips for healthy eating in our next Healthy Living webinar.**

The food choices we make can affect more than just our waistline. Our physical health, including our mood and energy levels, can also be altered based on what we eat. Without the right information it can be challenging to develop food habits that lead to a healthy lifestyle.

Join CVMG's Community Health Educator, Sabrina Pires as she educates us on the fundamentals of a balanced diet, why it is important, and the difference between diet and lifestyle. Sabrina will also explain why we fall victim to mindless eating and offer tips we all can use to make better, healthier food choices that lead to healthy habits for life.

Join us on Thanksgiving Eve at 7:00PM PT for the tips you need to eat healthier through the Holidays!

**Attendees can expect to learn:**

- The fundamentals of healthy eating and why they are important
- What is mindful eating
- Diet vs. Lifestyle
- Real life tips for making healthy food choices
- Tips for eating healthy during the Holidays

**Your health is our priority. Join us for this educational event!**

Wednesday,  
November 25<sup>th</sup>

7:00 PM PT

This is a Zoom event. You can participate from the comfort and safety of your own home.

No registration required. To join, simply access the link below on the day of the webinar.

*Space is limited to the first 100 attendees.*

**CLICK FOR ACCESS**



CUCAMONGA VALLEY<sup>™</sup>  
MEDICAL GROUP

*treated like family*

909.429.CVMG [2864]

[CVMGdocs.com/healthy-living-program](https://CVMGdocs.com/healthy-living-program)