

3-Week Nutrition Workshop: Reset & Rise - February Health & Weight Reboot

Struggling with:

- Cravings or bloating
- Fatigue or brain fog
- Stress or stubborn weight

It's not willpower - it's biology. Led by Natalia Garcia, Integrative & Functional Registered Dietitian, this series teaches practical nutrition swaps and nervous system strategies to help you feel better fast-and stay consistent.

You'll learn to:

- Build habits that actually stick
- Lose weight—and keep it off
- Balance blood sugar & hormones for steady energy
- Break the stress → cravings cycle
- Practice discipline as self-care, not deprivation



Dates

February 17th, 24th
March 3rd



Time

12 - 1pm



Location

Zoom

Register Here



Eligibility: All MCG employees, and spouses and dependents covered under the YourChoice Health Plan.



For BCC Employees Only:
This YourChoice workshop earns points in the Physical wellbeing pillar for Manatee Thrives