

Free Webinar:

You are what you eat: Food as Medicine

Eating a balanced, high-quality diet has more benefits than you may think. Our upcoming webinar “**You are what you eat: Food as Medicine**” will provide extensive information on how food impacts your overall health and tips on how to make better choices when it comes to what you feed your body.

Please join Alight’s Chief Medical Officer **Dr. Bipin Mistry** and Season Health’s Registered Dietitian **Kelly Cardamone** as they discuss these important topics:

- Components of food and how to measure them
- Exploring diet plans and how food can be used as medicine
- Practical ways to incorporate better food choices into your life
- Exploring benefits, technology, and other resources available to you

Live webinar: Wednesday, May 24 at 11am CT

Register to attend: Scan the QR code or visit myconsumermedical.com/s/webinars



A recording of the webinar will be available on demand after the live presentation.

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