



# Nutrition Wellness Topic Menu

## Nutrition services are provided by:

**Monica Kelly,  
MS, RD, CDN, CNSC  
Employee Health &  
Well-being Manager and  
Registered Dietitian**

## Workshop Programs

Give your team space to focus on self-care with virtual or in-person nutrition workshops designed to support everyday well-being. Programs include:

- Guidance in choosing nutrition topics that matter most to your team
- A 20–30 minute interactive session, led by our HealthyME Registered Dietitian, with time for questions when possible
- Opportunities for employees to schedule individual nutrition consultations as follow-up support

Sessions can be offered as a single workshop or as a multi-week series.

### Managing Pre-Diabetes to Avoid Progression

Learn how simple, realistic nutrition and lifestyle habits can support healthy blood sugar and fit into your everyday life.

### Debunking Destructive Nutrition Beliefs

Nutrition advice can be confusing, and myths about food can show up everywhere. This session helps clear up common misunderstandings and supports healthier, more realistic ways of thinking about eating.

### Stress Eating

Discover how stress affects your eating and learn practical tools to respond with awareness, balance and care.

### How to Eat Better at Work

Learn simple strategies for balanced meals, healthy snacks, portion control and staying energized throughout the day—without sacrificing convenience.

### Eating For Energy

Learn how your diet affects energy levels and discover simple ways to identify and address nutrition-related causes of fatigue. Leave with practical tips to feel more energized throughout your day.

### Meal Planning 101

Healthy living starts with a little planning. This session introduces meal planning and batch cooking, with easy-to-follow recipes. Even experienced meal preppers may pick up new ideas!

### Mindful Eating

Explore what it means to eat mindfully and try a simple mindful eating exercise. Walk away with a plan to bring more awareness and balance to your meals.

### Healthy Swaps

Small changes can make a big difference. Take home simple, effective tweaks to boost the nutrition of your meals and snacks while staying satisfied.

### The Advent of Weight Loss Pharmaceuticals

Get an introduction to GLP-1 receptor agonist medications and how they are used to support weight management as part of a healthy lifestyle.

### Food-Mood Connection

Learn how your diet can influence your mood and overall well-being. This session shares the latest research on the gut-brain connection and offers practical nutrition tips to help support a positive mindset.

### Nutrition for Women's Health

Learn current nutrition recommendations for women at different life stages, including pregnancy, lactation and menopause.

### Nutrition for Burnout

**Hot Topic!** Nutrition plays a key role in preventing and managing burnout. Explore how your food choices can support energy, focus and overall well-being.

To schedule a free consultation or workshop, please email [WellnessRD@Montefiore.org](mailto:WellnessRD@Montefiore.org).



Scan the QR code to register for upcoming HealthyME workshops and events. For more information about our health & well-being benefits, visit [HealthyMEBenefits.com](https://HealthyMEBenefits.com).