

# UCSD Retirement Association

Fit, Strong & Independent Programs

## Healthy Living / Healthy Eating Seminars

2018 - 2019 \* 11:45 a.m. - 1:15 p.m.

**Seminar Location: UCSD RRC, located in 400 University Center**

This series is aimed at bringing you the best possible information to help you live a happy, strong and healthy life. Join us for one, two or all of these seminars and see how you can improve your aging process.

All seminars are FREE to RA/EA members and to current UCSD Staff & Faculty

Please register on-line at:

<https://www.hrweb.ucsd.edu/ra>

**Friday, October 5, 2018** — Eating Plan: Developing Your Own Optimal Eating Plan

**Friday, November 16, 2018** — Food “Issues”: Allergies, Intolerances, Sensitivities

**Friday, December 7, 2018** — Meditation Class, UCSD FitLife

**Friday, January 11, 2019** — Immune-Boosting Nutrition Tips

**Friday, February 1, 2019** — Heart Healthy Eating—A Changing Perspective

**Friday, March 1, 2019** — Meditation Class, UCSD FitLife

**Friday, April 5, 2019** — Mental: Food & Mood—The Nutritional Connection

**Friday, May 3, 2019** — Dietary Supplements: Choosing Those Most Useful For You

**Friday, May 31, 2019** — Meditation Class, UCSD FitLife

The nutrition seminar series is offered to the UCSD Retirement Association by Vicky Newman, MS, RD, and the Meditation seminars are offered by UCSD FITLIFE MOBILE. RSVPs are required to [RetireeLink@ucsd.edu](mailto:RetireeLink@ucsd.edu), a minimum of three days prior to the seminar.

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