The UCSD Retirement Association invites you to attend:

Healthy Living/ Healthy Eating Seminar
with UCSD Fit Life

Join us for presentations by UCSD Recreation’s Registered Dietitian, Erin Kukura, regarding healthy living and healthy eating. In these presentations Erin Kukura will discuss how to eat to help you feel your best, how to establish structure to your daily eating habits, the many factors that affect our eating habits, and how to improve your relationship with food.

Please RSVP at [http://hrweb.ucsd.edu/ra/](http://hrweb.ucsd.edu/ra/) - You must RSVP in order to receive the Zoom link

Another great tool for healthy living is meditation. Meditation is a practice where an individual uses a technique – such as mindfulness, or focusing the mind on a particular object, thought, or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state. It can also reduce the areas of anxiety, chronic pain, depression, heart disease and high blood pressure. The UCSD Center for Mindfulness offers free [20 minute sessions](http://hrweb.ucsd.edu/ra/).

**Meal Prep**
Wednesday, October 14, 2020 ∞ 12:30 PM – 1:30 PM

**Healthy for the Holidays**
Wednesday, December 9, 2020 ∞ 12:30 PM – 1:30 PM

**The Psychology of Eating**
Wednesday, February 3, 2021 ∞ 12:30 PM – 1:30 PM

**Nutrition Mythbusters**
Wednesday, March 3, 2021 ∞ 12:30 PM – 1:30 PM

**Digestive Health**
Wednesday, April 21, 2021 ∞ 12:30 PM – 1:30 PM

**Fuel Your Day**
Wednesday, May 12, 2021 ∞ 12:30 PM – 1:30 PM

*UCSD Retirement Resource Center, Suzan Cioffi, Director, retireelink@ucsd.edu*