

# 2024 Wellness Webinar Series



**Wednesday**  
**May 15**  
**Noon - 1:00 p.m.**

## Harmony on your plate

### Seasonal eating for health and earth

Aligning your diet with the seasons can benefit not only your well-being but also the planet. Discover the delicious and sustainable path to better health and a healthier earth through seasonal eating.

*Presenter: Mikaila Zapata, Health and Wellness Program Manager*

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Our wellness webinars provide guidance in enhancing your well-being and support your successful journey to better health.