



Avoiding Stress Eating

With *Chris Zellers, MPP*, FCHS Educator/Assistant Professor

Thursday, February 13, 2025

12:30 p.m. to 1 p.m.

This presentation will help participants become more mindful of their eating habits and discuss ways to avoid the pitfalls of eating when stressed.

Register in advance for this program via Zoom at:

<https://go.rutgers.edu/skknqqaf>



County Employees who attend this class will earn 5 Wellness Incentive Points!