

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!

Cooperating Agencies: Rutgers, The State University of New Jersey, U.S. Department of Agriculture, and Boards of County Commissioners. Rutgers Cooperative Extension, a unit of the Rutgers New Jersey Agricultural Experiment Station, is an equal opportunity program provider and employer.