

Nourishing the Body and Soul

June 23rd, 2022

1:30-3:00

Please join Hailey Josephson, Dietetic Intern, in the presentation Nourishing the Body and Soul. This presentation aims to help people connect with their body, understand current eating habits, and encourages a deeper connection with their soul.



Learning Outcomes:

- Nourishing the Body and Soul
- Types of Hunger
- Mindfulness Tips
- Evolution of Human Lifestyles and Metabolism
- Q & A Period

Speakers:

Hailey Josephson - is a fifth year science student studying at the University of Alberta. She is finishing up her Bachelors of Science with Dietetics Specialization. Hailey is currently working on her population and community health rotation with the First Nations and Inuit Health Branch. Hailey comes from Gibsons, British Columbia and is a member of Snuneymuxw First Nations.



Target Audience: ISC staff and any interested individuals or groups.

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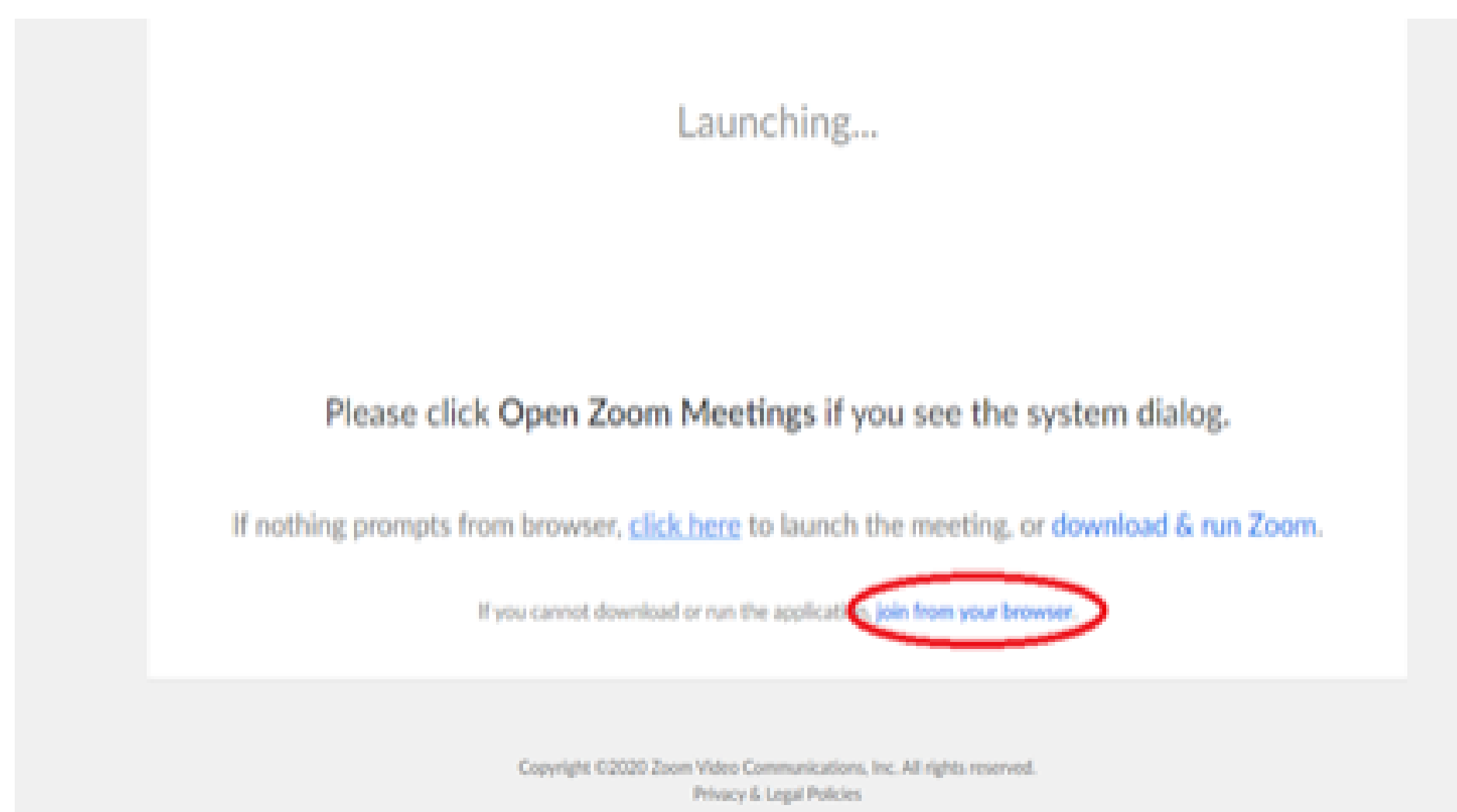
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