NNM Activities at Emory

Zumba Demonstrations and NNM InfoStops: Join us for a Zumba demonstration and/or nutrition information at various locations throughout the month. Zumba Demos: 11:30am-1:30pm on: 3/1 at Wesley Woods-Nursing Conference Room, 3/8 at EUH-Bishop’s Pantry, 3/15 at EUOSH-3rd Floor Conference Room, and 3/27 at EUHM-Atrium.

Meet Me @ Lullwater—Faculty Staff Assistance Program’s walking group: Pick up some info and recipes to help you “Get Your Plate in Shape” and join us for a walk around the Lullwater Preserve. Every Tuesday in March (6th, 13th, 20th, 27th) at 12:00pm, Lullwater Preserve, Clifton Road Entrance. On 3/6, Midtown Family Chiropractic and Wellness Center will provide spine and posture checks starting at 11:45am.

Recipe Tastings: Sample hearty, nutritious white chicken chili at various EHC cafeterias throughout the month! Recipe and nutrition information will be available. 11:30am-1:30pm on 3/7 at EUH, 3/8 at EUHM, and 3/14 at the Center for Rehab Medicine (12pm-1pm for this location).

Zumba @ Wonderful Wednesday: Celebrate National Nutrition Month at High Noon on McDonough Field with a group Zumba Fitness Demonstration. Come learn about nutrition, have fun, and join our celebration! The first hundred participants will receive t-shirts. Hosted by Emory Dining. Wednesday March 7th at 12pm at EU McDonough Field.

Culinary Demo – Quick & Easy Cooking: Come learn how to prepare a quick and healthy meal for you and your family. Tastings will be provided. Decatur Plaza, Friday March 9th 11:30am – 1:00pm.

Registered Dietitian Day is March 14th: Open House to provide information on the RD credentialing and the role of the clinical dietitian as well as showcase healthy hospital meal trays and provide nutrition product samples. EUH Midtown Woodruff C, 1st Floor, Wed. March 14th 9-12am.

Are you ready to Zumba®?: Come show off your Latin-inspired dance moves and burn off some calories! There will be two sessions...first come, first serve. Winship Cancer Institute 5th Floor Conference Room, Wednesday March 21st 11:45 am-12:25 pm & 12:30-1:15 pm

This year’s theme, “Get Your Plate in Shape” encourages a variety of food groups and regular physical activity for heart health. Visit www.eatright.org/nnm to learn more.