



Reta Trust Live Well Program presents:
Food Rules – Scheduled Webinar

This is your official invitation to join a scheduled webinar to discuss “Food Rules.” The WebMD Wellness Coordinator will take an in-depth look at how to simplify nutrition. In this webinar, you’ll learn some techniques to eat healthier without a complete life overhaul, become familiar with some easy food rules to live by, gain tips for meal prep and planning, and identify at least one food rule takeaway to start implementing.

Who: Members and Spouses enrolled in a Reta Trust Medical Plan

What: The 45 minute presentation will provide you with educational content, the opportunity to ask questions, and a brief description of the Reta Trust Live Well Program.

When: This webinar will be available at the following times:

- August 26th from 9 – 945 AM PST / 11 -1145 AM CST / 12 -1245 PM EST
- August 26th from 12 -1245 PM PST / 2 -245 PM CST / 3 - 345 PM EST

How: Register here: [Food Rules](#). Use the dropdown to choose the best day and time that works for you. If you miss the scheduled webinar, a recording will be sent to you via email afterwards.

Reta Trust will be offering monthly scheduled webinars throughout the remainder of 2020. Other topics include: Biometrics: Know your Numbers, Resiliency, Holiday Weight Management, and Sleep 101.