

Western Wellness ~ Nutrition Programming ~ Spring 2024

The Healthy Way (VIRTUAL)

The Healthy Way program is designed for faculty and staff who want to achieve their health and wellness goals through evidence-based nutrition, mindful eating practices, and behavior change strategies. Sessions are facilitated by a Registered Dietitian and are designed to provide individual and peer support.

Tuesdays 12:05-12:55pm

Jan 30 – Mar 5 (6 sessions)

Register at: <https://experiencewmu.wmich.edu/event/9666116>

Emotional Eating – What Are You Hungry For?

This workshop will help participants identify emotional vs physiological hunger, learn why food ‘works’ as a temporary fix, and discuss strategies to help overcome emotional eating.

Thursday, Feb 15

12:05pm-12:55pm

Sindecuse Health Center Rm 3131

Register at: <https://experiencewmu.wmich.edu/event/9666169>

Type 2 Diabetes Medications

Medication is often prescribed for people with Type 2 diabetes, but many people don’t know all they should about their medications. Join Sindecuse Pharmacist Sunny Singh as he discusses Type 2 diabetes medications.

Wednesday, Feb 21

12:05pm-12:55pm

Sindecuse Health Center Rm 3131

Register at: <https://experiencewmu.wmich.edu/event/9696340>

Beyond the Table: A Diet that’s Good for You AND the Environment

This workshop looks at how our food choices impact the environment, what we can do to mitigate any negative consequences, and will explore healthy plant-based eating.

Staff from Gibbs House will join us to discuss sustainability programs, services, research and opportunities.

Wednesday March 20

12:05-12:55pm

Sindecuse Health Center Rm 3131

Register at: <https://experiencewmu.wmich.edu/event/9666524>

Spring Into Summer Cooking Demonstration & Tasting

Friday May 17

12:05-12:55pm

Kohrman 3302

Register at: <https://experiencewmu.wmich.edu/event/9666562>

Questions?

Contact Gretchen Kauth RD

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