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
gretchen.kauth@wmich.edu