

## Webinar Schedule 2024

**FEBRUARY 8 – 12PM CT / 1PM ET / 10AM PT**

### The Metabolism Reset

Curious about what's happening behind the scenes with your metabolism? Registered dietitian Megan Green explains how to supercharge your metabolism, common mistakes that can slow your metabolism, and different types of metabolism.

**TIP SHEET**

**Lifestyle Hacks for Your Metabolism**

**MAY 9 – 12PM CT / 1PM ET / 10AM PT**

### Cooking to Boost Your Mood

Cravings, focus, clarity, and cognition can be improved by modifying the foods we eat. The gut-brain connection is real, and Chef Jeremy shares how to reduce inflammation with healthy ingredients.

**MENU**

**Roasted Dijon Salmon with Black Rice, Green Beans, Lemon, and Tarragon**

**SEPTEMBER 12 – 12PM CT / 1PM ET / 10AM PT**

### PowerUp Your Plate

The ingredients you combine on a plate can impact flavor, texture, and nutrient absorption. Chef Jeremy shares powerful food combinations that work together to strengthen our bodies and avoid chronic symptoms.

**MENU**

**Homemade Tomato Soup and Coconut Shrimp with Turmeric and Black Pepper**

**NOVEMBER 14 – 12PM CT / 1PM ET / 10AM PT**

### A-Zzz: Nutrition + Sleep

Having trouble sleeping? There are many factors that impact sleep quality and nutrition is one of them. Learn how sleep impacts metabolism, diet-related reasons you may be waking up at night, and key nutrients for sleep.

**TIP SHEET**

**How to Get a Better Night's Sleep**