

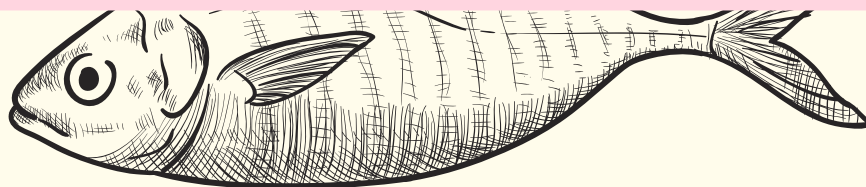


Lunch and Learn Series

Eat Your Berries, Fruits & Fish

Uncomplicated Approaches to Healthy Eating

Presented by: Laura Dahnke, RDN, St. Clair County Community Mental Health



Friday, March 22, 2024

12:00-1:00 p.m.

SCCCMH Auditorium

3111 Electric Ave., Port Huron

This session focuses on simplifying healthy eating and dispelling the myths surrounding nutrition and diet culture. Learn how nutrition can positively impact your health, promoting better physical and mental well-being.

**1.0 Social Work
Continuing
Education
Credits Offered!**

[CLICK HERE TO REGISTER](#)

St. Clair county Community Mental Health is an approved provider with the Michigan Social Work Continuing Education Collaborative. The approved provider number is: MICED-0054



**St. Clair County
Community Mental Health**

Providing Opportunities for Health, Wellness, & Connection

www.scccmh.org



For questions regarding registration or assistance with ADA accommodations, contact Tammy Lake at (810) 966-2597 or tlake@scccmh.org.