



Healthy Eating for YOU
With Pat Soderberg, Registered Dietitian
Nutritionist at myNurse.ai

Tuesday, November 9, 3:00 – 4:00 PM
RSVP with Village Movement California

The presentation will define what eating healthy really means as an individual. We will discuss obstacles to eating a healthier diet and include options, tools and resources to promote healthy eating habits.

Pat Soderberg, Registered Dietitian Nutritionist, the presenter, has been a dietitian for 31 years, coach for 7 years and is passionate about staying healthy to be outdoors as much as she physically can. She currently works with myNurse.



AGING.
BETTER

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