

BETTER YOU ASK THE DIETITIAN

Florida Blue 
BetterYou

Please join us for this month's Ask the Dietitian live webinar on easy meal preparation. Lauren Dimitrov, a registered dietitian nutritionist with Florida Blue, will talk about meal kits and meal prep solutions that save time in the kitchen and help with portion control. After a short presentation, Lauren will answer your questions during live Q&A.

Presented by Florida Blue and

Date:

Time:

Place:

Contact:



To register for the event, click on the link below to receive your unique URL to attend:

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