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LUNCH & LEARN WEBINAR SERIES:

# STARTING 2021 WITH YOUR SMART FOOT FIRST

MONDAYS IN JANUARY  
11 CT/12 ET

**Jan. 4- SMART Goals**

**Jan. 11 Resolve to Move More**

**Jan. 25 Navigating the Diet Maze**

**Preregistration is required. Go to:**

<https://bit.ly/Resolve2021>

Once registered you will receive a zoom link & access  
to the recordings after the sessions

Questions: Meagan Brothers - [brotherm@purdue.edu](mailto:brotherm@purdue.edu)

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