

Preheader Virtual dietary consults are now available for you employees

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Unlock your potential in the new year by fueling your body right! Novant Health's Registered Dietitian will provide actionable nutrition tips for employees looking to enhance their health and well-being. Learn how to make tasty and nutritious choices that fit into busy schedules, improve mental clarity, and reduce stress. Your Employee's can schedule one-on-one virtual sessions with our dietitian for personalized nutrition advice and a customized wellness plan.

Whether it's our emotional health or our social, our environment at home or work, these affect our health without us possibly even being aware.

If you missed the Well-being Exchange on Dec. 12, here is the link to the recording.

From heart health to orthopedic care and more, stay connected with wellness information that matters.

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HEALTH



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