



## Manage Your Health Series

# Nutrition 101 Webinar

Presented by [Cincinnati Sports Club](#) and [TriHealth](#)

Thursday, January 6, 6 - 7 p.m.

Registration Required: [Nutrition Webinar Online Registration](#)

Begin your new year with a nutrition reset. The Nutrition 101 presentation will share what you need to know to make healthier meal choices in 2022. Hosted by TriHealth Registered Dietitian Candace Winterbauer RD, LD, Nutrition 101 will cover topics such as making healthier meals, establishing better eating habits, learning to read nutritional labels, and more.

To participate in this 60-minute webinar, please [register online here](#).



**Candace Winterbauer, RD, LD**  
Registered Dietitian, TriHealth Corporate Health

Since beginning her dietetics career, Candace has found the most rewarding part of the profession to be watching clients succeed with their health goals. With a background in Chemistry, she worked five years in the food and beverage industry, later earning her Master of Science in Nutrition and Physical Performance from Saint Louis University. Today, Candace enjoys assisting individuals in improving their quality of life through nutritional education as a registered dietitian with TriHealth Corporate Health.

