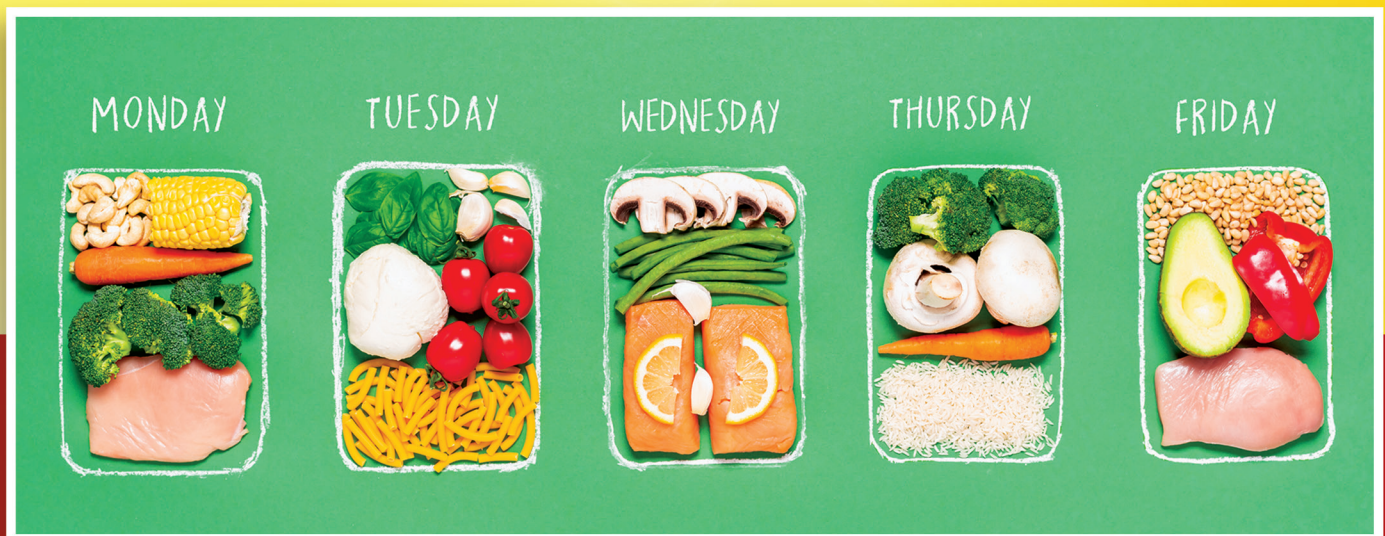




# BISD Wellness

presents



# Quick Meal Prep Solutions

## Virtual Seminars

Join Complete Nutrition Solutions Registered Dietitians as they discuss quick healthy meal prep ideas.

### CLASS 1:

November 11, 2021 • 6:00 PM

Register in advance for this webinar:

[https://us02web.zoom.us/webinar/register/WN\\_maCfM-8MQDei4wqLszMQxw](https://us02web.zoom.us/webinar/register/WN_maCfM-8MQDei4wqLszMQxw)

### CLASS 2:

November 18, 2021 • 6:00 PM

Register in advance for this webinar:

[https://us02web.zoom.us/webinar/register/WN\\_U7g0AxtAT7O2xCJDJIYGtQ](https://us02web.zoom.us/webinar/register/WN_U7g0AxtAT7O2xCJDJIYGtQ)

For questions, email or call Anisa H. Ramirez at [ahramirez@bisd.us](mailto:ahramirez@bisd.us) or 956-698-0073.



**Complete  
Nutrition  
Solutions**  
We care about you