

The background of the slide features a collage of healthy food items: a bowl of rolled oats, a bowl of mixed nuts, a bowl of fresh green kale, several green apples, and a slice of grapefruit. A yellow measuring tape is draped across the top, and a silver fork is visible on the right side.

## Healthy Lifestyle Essentials Series

*Presented by Patricia Marshall Harris of Classie and Essential Nutrition LLC*

*Virtual Presentation via Skype:*

**Workshop II:**

**Thursday, August 13 at 1:00 pm**

***Diet and Nutrition: Practicing Self-Discipline  
and Avoiding “Emotional Eating”***

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**External dial-in number: +1 (215) 241-2583**

**Conference ID: 9474805**



**Classie *and* Essential Nutrition**

*A Corporate Nutrition & Healthy Lifestyles Consultancy*

**[www.classie-essential-nutrition.com](http://www.classie-essential-nutrition.com)**