



Fad Diets—Trustworthy?

In today's society fad diets surround us on a daily basis encouraging us to do things like lose an incredible amount of weight very quickly or regain the vitality that we somehow lost. These diets and their advertisements can be tempting, but can also be very misleading with their proposed claims. How do you find out which ones to follow, and which ones to disregard? This class will help you establish a solid foundation on how to decide between fad and fact.

Facts or Fad? A look into popular diets.

Instructor: HC Employee Wellness Intern

Are you bombarded with information about the many diets that are in the news, unsure of which ones really work? Come join us for an hour of informative insight to help you navigate the world of diets and learn how to avoid misleading claims!

Class Information

Date: Wednesday, February 1, 2017

Time: 12:00 - 1:00 PM

Location: Training Room 230

Address: 1310 Prairie St., Houston, TX 77002

Register For This Class

1. Go to <http://www.harriscountytexas.gov/hctraining/> and click on **REGISTER FOR TRAINING**
2. Click on the (+) to expand the **HUMAN RESOURCES & RISK MANAGEMENT** classes & programs
3. Click on the (+) to expand **WELLNESS TRAINING** and select the class you want.
4. Your registration is complete when you receive an email confirmation. *Not receiving an email confirmation means you are waitlisted.*



2018-19 Healthy Actions Medical Plan Credit

Completion of 2 hours of wellness training (online or onsite) fulfills an eligibility requirement of the Healthy Actions Medical Plan.

Images courtesy of zulily.org, kitchme.com, doctoroz.com, & harvardhealth.edu

For Questions contact: 713-274-5500 *Option 9 | wellness@bmd.hctx.net | wellathctx.com

