

RDN Day 2023



SPRING INTO MINDFULNESS

Topics

Starting with soil: What dietitians need to know about how farming practices affect the nutrient content of vegetables

Alleviating GI Distress with Bodywork, Movement and Breath

Health At Every Size and Intuitive Eating In Nutrition Therapy

GI Conditions and Symptoms from a Health At Every Size Lens

4.5 CEUs Planned

Saturday, March 11th

8:30am-2:00pm

Springfield Country Club

8301 Old Keene Mill Road

Springfield, VA 22152

A light breakfast and lunch will be served. All participants will receive a free sponsor gift bag!

Early Bird Rate : \$45
(Register by 2/3/23)
Regular Rate : \$50
Student/Retiree Rate: \$35
Non-Member Rate : \$65



Click [HERE](#) to register the event!