Healthy Eating

Healthy Eating is part of The University of Akron’s Healthy initiative.

Healthy Eating – Healthy is a nutrition-based wellness program offered to employees of The University of Akron. This program is ideal for anyone wanting to improve their health, maintain a healthy weight, improve their food choices, and gain sound nutritional knowledge.

Program Highlights:
For $25/month or $60/semester, you’ll have access to the following:

- Body composition testing pre and post program participation.
- 30 minute individualized nutrition assessment and plan from the Nutrition Center.
- Twice a month 15 minute visits with dietitians. These can be at the Nutrition Center or at your office.
- Group Lunch & Learn sessions on healthy eating topics and much more! Visit www.uakron.edu/seminars to sign up.
- Weekly recipes and nutrition tips sent to you via email.

Contact Us:
For questions, contact x2836 or nutritioncenter@uakron.edu.

Click here to enroll now: http://www.uakron.edu/nutritiondietetics

“Measurement of our success will include... cultural, social and athletic events contributing to a vibrant community.” Vision 2020, Strategic Pathway: Campus and Community Enhancement and Engagement