


TRAINING AND TECHNICAL ASSISTANCE



Center *for*
Wellness *and*
Nutrition



The Public Health Institute - invested in “health for all”

This catalog presents training and technical assistance services to help communities create healthier environments from two of the Public Health Institute’s (PHI) noted programs, California Project LEAN and the Center for Wellness and Nutrition. These two teams have worked for decades to improve nutrition and physical activity in schools, daycare, workplaces, grocery and food retailers, and other community settings. They have extensive experience working both with USDA funding and other sources. Services are provided nationwide and in California, as well as some global consulting. Trainings and technical assistance can be tailored to suit your needs. Trainings are also available in Spanish when this symbol is present .

PHI has long recognized that our health is largely determined by the quality of our food supply, healthy schools and other environments for our children, places to be physically active, our air quality, housing, and the safety of our streets and sidewalks. Our projects work to build capacity in communities to prevent chronic disease, create a culture of health and advance equity.



Katherine Hawksworth, MPH, CHES
Program Manager
California Project LEAN
Katherine.Hawksworth@phi.org
(925) 708.7027
www.CaliforniaProjectLEAN.org
@Project_LEAN



Amy DeLisio MPH, RD
Deputy Director
PHI Center for Wellness and Nutrition
Amy.DeLisio@wellness.phi.org
(916) 265-4042 x109
www.CenterForWellnessAndNutrition.org
@phi_wellness



1825 Bell St., Suite 102-A • Sacramento, CA 95825

02/09/2017

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The Basics

Nutrition Education 101

Length: half-day training options

A science-based course that aligns with the Dietary Guidelines for Americans and MyPlate messaging. The Dietary Guidelines for Americans is the Nation's go-to source for nutrition advice. Published every five years for public health professionals, each edition of the Dietary Guidelines reflects the current body of nutrition science. MyPlate illustrates the five food groups that are the building blocks for a healthy diet using a familiar image. Content will be customized to meet the client's needs. Participants will:

- Learn the latest science-based nutrition recommendations for Americans.
- Utilize MyPlate messaging, tools and resources to plan nutrition education for clients.
- Practice tailored approaches to engage different audiences in nutrition education classes.

Policy, Systems, and Environmental Change Strategies 101

Length: half-day training options

Policy, systems, and environmental (PSE) change strategies can be integrated with your nutrition education and social marketing activities to improve community health and increase access to healthy foods and beverages. PSE can enrich and expand the reach of current health prevention efforts and engage diverse stakeholders around the goal of improving health.

Participants will:

- Learn best practices to engage community partners and residents in identifying PSE change strategies.
- Identify evidence-based PSE strategies for specific venues such as schools, retail stores, and worksites.
- Explore model policies that increase access to healthy foods and beverages and sustainable change.

Contact Amy DeLisio, MPH, RD • (916) 265-4042 x109 • amy.delisio@wellness.phi.org

Physical Activity 101

Length: half-day training

A science-based course that is based on the Physical Activity Guidelines for Americans (PAG) (<http://health.gov/paguidelines/guidelines/>). PAG provides guidance on how children and adults can improve their health through physical activity based on the latest science. Learn ways to help staff and clients understand the benefits of physical activity and how to make it a part of their regular routine.

Participants will:

- Learn the current recommendations for physical activity for children and adults.
- Use culturally appropriate physical activity resources and messaging.
- Identify a variety of ways to incorporate physical activity throughout the day at home, work, and school.
- Explore environmental cues to increase physical activity opportunities.

Adult Learning and Facilitation Skills

Adult Facilitation Training (Introduction)

Length: half-day training

This training will allow participants to gain a strong foundation in adult learning principles to foster engagement and enthusiasm from adult participants in their education classes or training seminars. Content will be customized to meet your specific needs.

Participants will learn to:

- Facilitate education and training using key adult learning principles.
- Engage learners using effective facilitation techniques.
- Avoid common facilitation/training problems.
- Identify solutions for classroom management challenges.

Adult Facilitation Training (Advanced)

Length: full-day training

This training will allow participants to gain advanced practice in adult learning principles that directly address existing projects


Contact Amy DeLisio, MPH, RD • (916) 265-4042 x109 • amy.delisio@wellness.phi.org

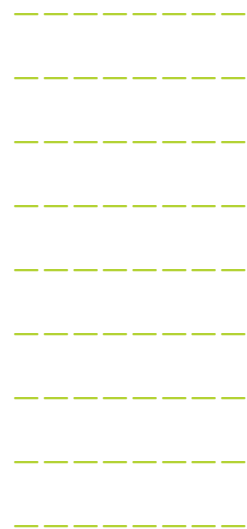
Participants will learn to:

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Length: half-day training

Participants will learn to:

- 



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Local School Wellness Policy

School Wellness Council: Facilitation Support

Is your school wellness council in need of facilitation support to help identify and prioritize health and wellness components for a more comprehensive district and/or school-site Local School Wellness Policy? Does your school wellness council need support in communicating, implementing, or evaluating its Local School Wellness Policy? CPL can facilitate the process to help your district and/or school-site wellness council revise, strengthen, and identify strategies to communicate, implement, and evaluate your Local School Wellness Policy.

School Wellness Policy 101

Length: 3 hours

This 3-hour training provides participants with the understanding of how to advance a stronger, more comprehensive Local School Wellness Policy that not only meets but exceeds state and federal requirements leading to healthier school environments.

Topics covered include:

- Local School Wellness Policy overview
- 2010 Healthy, Hunger-Free Kids Act requirements
- The Whole School, Whole Community, Whole Child approach to wellness
- Smart Snacks in Schools nutrition standards specific to California
- California physical education requirements and opportunities for physical activity
- Process to develop an Action Plan for change

School Wellness Policy 201

Length: 3 hours

Expanding upon the School Wellness Policy 101, which provides an extensive overview and purpose of Local School Wellness Policies, the School Wellness Policy 201 is a 3-hour training that provides participants a hands-on approach to 1) identifying and prioritizing policy elements and 2) developing an implementation plan that includes strategies for communication and monitoring. Materials include California Project LEAN's *Policy in Action: A Guide to Implementing your Local School Wellness Policy* toolkit.

Contact Katherine Hawksworth, MPH, CHES • (925) 708-7027 • Katherine.Hawksworth@phi.org

Parents in Action! - Engaging Parents to Advance the Local School Wellness Policy

Length: varies (see description below)

Utilizing CPL's *Parents in Action: A Guide to Engaging Parents in Local School Wellness Policy and Parent Lesson Plans: Advocating for Healthier School Environments*, CPL's *Parents in Action! Training* provides participants with a process for engaging parents to advance improvement of the school environment, increase access to healthy food and beverages, and physical activity opportunities through the Local School Wellness Policy. CPL provides two options of this training that can either be provided directly to parents or as a train-the-trainer session for those working with parents and other stakeholders.

The six Parent Lessons are:

1. Health Happens Here: Parents and Schools Working to Improve Student Health
2. Foods and Beverages on Campus
3. Promoting Healthy Beverages on Campus
4. Physical Activity on Campus
5. Opening Up the Campus for Community Use
6. Parents Taking Action in Schools

9-hour Training (each lesson is approximately 1.5-2.0 hours)

Provides participants with information necessary to advance Local School Wellness Policy efforts to create healthier school environments. Training time is flexible (e.g., the training can take place over the course of six weeks addressing all six lessons, over three weeks with two lessons covered each week, or over two full days), depending on location and needs of the community.

8-hour Train-the-Trainer

This hands-on training equips participants to deliver CPL's six Parent Lesson Plans. Participants will receive and review a copy of the Parents in Action! Guide and Parent Lesson Plans.

Contact Katherine Hawkworth, MPH, CHES • (925) 708-7027 • Katherine.Hawkworth@phi.org

Engaging Parents - Train-the-Trainer

Promoting Physical Education and Physical Activity at School

Length: 2 hours

This 2-hour train-the-trainer session equips participants to deliver a one-hour lesson with parents. At the end of the lesson parents will be able to state the benefits of daily physical activity, differentiate between physical activity and physical education, and identify barriers of and potential solutions to increased physical activity at school.

Promoting School Meals and Healthier Competitive Foods and Beverages

Length: 2 hours

This 2-hour train-the-trainer session equips participants to deliver a one-hour lesson with parents. At the end of the lesson parents will be able to describe the school nutrition programs that provide food and beverages to students as well as the nutrition standards for competitive food and beverages per the California Nutrition Standards and USDA's Smart Snacks in Schools.

"California Project LEAN has exemplified extraordinary leadership and vision in California's efforts to promote healthy eating, activity and overall community well being. They are a go-to group for training and consultation on work fostering effective school and community environments."

Larry Cohen, Founder and
Executive Director
Prevention Institute

Contact Katherine Hawksworth, MPH, CHES • (925) 708-7027 • Katherine.Hawksworth@phi.org

Healthy Beverage Campaigns

Introduction to Healthy Beverage Campaigns

Length: 2 hours

This workshop provides participants with an understanding of the essential elements of a successful healthy beverage campaign that supports the increased consumption of water and decreased consumption of sugar-sweetened beverages. This session will also highlight California's Supplemental Nutrition Assistance Program-Education (SNAP-Ed) healthy beverage campaign, Rethink Your Drink, including its formative research, history, key messages, and impact. This training session includes a discussion on implementing a healthy beverage campaign in a customizable fashion that meets funder-specific guidelines as well as integration with other nutrition education initiatives in various settings.

Participants will learn to:

- Utilize existing research to build an evidence-based healthy beverage campaign.
- Follow best practices for implementing a healthy beverage campaign.
- Incorporate a healthy beverage campaign into existing policy, systems, and environmental change strategies.

Choosing Healthy Beverages

Length: 2 hours

Using the Rethink Your Drink curriculum, this train-the-trainer workshop will help participants teach low literacy adults and aligns with *Dietary Guidelines for Americans* recommendations. The entire lesson and handouts are available in English and Spanish.

Participants will learn to:

- Describe how healthy beverages fit into the MyPlate dietary recommendations.
- Understand the link between sugary drinks, obesity, and type 2 diabetes.
- Identify types of sugary drinks in their diets.
- Calculate the amount of sugar in beverages they commonly drink.
- Identify drinks with less or no added sugar.

Contact Amy DeLisio, MPH, RD • (916) 265-4042 x109 • amy.delisio@wellness.phi.org

The lesson includes interactive activities to practice skills such as identifying sugar in Nutrition Facts Labels and making calculations to change grams of sugar to teaspoons of sugar. Sharing flavored water samples and recipe cards with participants during breaks encourages them to create their own flavored water to replace sugary drinks. A PowerPoint presentation used for training instructors will be shared and can be adapted for use when leading the lesson.

Improving Access to Healthy Beverages through Policy, Systems, and Environmental Changes

Length: 2 hours

Would you like to make it easier for people to choose healthy beverages? In this session, we will discuss specific policies that support healthy drink choices, environmental changes to improve access to free drinking water, and system changes that make healthy choices more affordable.

Participants will:

- Learn best practices to engage the community in identifying the types of changes needed to support healthy beverage choices.
- Get an introduction to healthy beverage nutrition education resources.
- Hear about successful strategies to improve access to healthy beverages in worksites, schools, and community settings.

Contact Amy DeLisio, MPH, RD
(916) 265-4042 x109
amy.delisio@wellness.phi.org

Sugary Drink Tax 101

Length: 2 hours (training and discussion)

California Project LEAN staff have worked on multiple sugar sweetened beverage tax proposals, including the successful Berkeley proposal team, and are currently leading evaluation efforts. Experience includes drafting, coalition building, and messaging around soda taxes. If your community is interested in learning more about this training we will review experiences to date with soda taxes, lessons learned, evaluation results, and how to start the discussion in your community.

Contact Katherine Hawkworth, MPH, CHES • (925) 708-7027 • Katherine.Hawkworth@phi.org

H₂O4Kids - Increase Access to and Promotion of Water in Schools and Communities

Length: 3 hours

This training is tailored for parents, school and district administrators, childcare providers, community leaders and other stakeholders to increase access to and promotion of water in school and community settings. Materials include model survey, beverage standards, factsheets and more.

Promoting Healthy Beverages at School

Length: 2 hours

This 2-hour train-the-trainer session equips participants to deliver a one-hour lesson with parents. At the end of the lesson parents will be able to understand the link between sugary drinks and overweight and obesity, identify what sugary drinks are still allowable in schools, calculate the amount of sugar in beverages, and advocate for healthier beverages in their child's school and district.

Rethink Your Drink (RYD)

"Oregon State University nutrition programs wanted activities that appealed to youth and adults in non-formal settings. We also needed lessons for our nutrition groups. The Public Health Institute's Center for Wellness and Nutrition was generous with their curricula resources, materials, time and commitment in making sure our SNAP-Ed/EFNEP educators could use and adapt RYD resources to fit the needs of our target populations! After receiving the two trainings in 2015, our nutrition educators are now implementing the adult RYD lesson and activities for youth in various settings across the state!"*

*Supplemental Nutrition Assistance Program Education & Expanded Food and Nutrition Education Program

Submitted by Oregon State University Extension Service,
Nutrition Education Programs

Contact Katherine Hawksworth, MPH, CHES • (925) 708-7027 • Katherine.Hawksworth@phi.org

Healthy Retail and Food Access Interventions

Introduction to Healthy Retail

Length: 2 hours

What is healthy food access? In this workshop we will share tools, resources and identify important partnerships that will help you plan effective food system interventions. We will customize content to meet your specific needs.

Participants will:

- Learn about why improving access to healthy foods is a critical component of nutrition education and obesity prevention work, particularly among low-income consumers.
- Get an overview of strategies for working with food retail stores and farmers markets to improve access to healthy foods and hear success stories from the field.

Utilizing Harvest of the Month™ to Increase Healthy Food Access

Length: half-day or full-day training options

Harvest of the Month™ (HOTM) is a nutrition education intervention designed to motivate communities to increase consumption and enjoyment of a variety of locally grown fruits and vegetables. It features ready-to-go tools and free resources for students, educators, families, and the community to engage in hands-on activities to explore, taste, and learn about the importance of eating fruits and vegetables. This interactive training can be customized to meet the needs of your community or organization.

Participants will:

- Get an overview of the HOTM intervention and available resources.
- Identify successful strategies and best practices for incorporating HOTM into a variety of settings, including classrooms, cafeterias, retail stores, and other community-based locations.
- Participate in and replicate a taste testing demonstration.
- Identify collaboration and partnership strategies for gaining support in schools and the community.

Contact Amy DeLisio, MPH, RD • (916) 265-4042 x109 • amy.delisio@wellness.phi.org

Building Food Systems Partnerships to Enhance Healthy Food Access Work

Length: half-day training

This training will prepare you to make connections with retailers by learning the art of behavioral economics, marketing, and merchandising strategies, and the best mediums for conveying information.

Participants will:

- Gain perspective on what is important to retailers and what they value in a partnership.
- Coordinate and collaborate with other agencies and organizations that advocate for greater availability and access of healthy foods and beverages for community residents.
- Get to know the produce industry – Growers, Wholesalers, Packers, Commodity Boards, Community Supported Agriculture programs, and more to enhance your healthy food access efforts.

Evidence-Based Store Interventions

Length: half-day training

In this training you will learn effective strategies to influence shoppers' purchases of fruits and vegetables within the store environment through Point of Purchase strategies such as merchandising materials, product placement, food demonstrations, and store tours. This workshop also includes a discussion on working with retailers to utilize behavioral economics principles to increase sales of healthy items.

Participants will:

- Gain the skills and knowledge necessary to conduct effective nutrition education through food demonstrations, which make it easy to reach low-income consumers for a reasonable cost.
- Learn how to conduct engaging and educational store tours for adults and children, which includes information on how to shop healthy on a budget.
- Identify effective messaging strategies for reaching consumers in the store environment.

Contact Amy DeLisio, MPH, RD • (916) 265-4042 x109 • amy.delisio@wellness.phi.org

Improving Access to Healthy Foods in Corner Stores and Small Markets

Length: half-day training

Partnerships with corner stores and small markets can be vastly different than a partnership with a large grocery retailer. Participants will:

- Learn best practices to engage with small, independent retailers and business owners.
- Identify community engagement strategies and partners to improve the sustainability of the intervention.
- Get an introduction to handling, storage, and produce marketing in small- or medium-size store environments.
- Learn how to implement a healthy store recognition program as a framework for your intervention.

Contact Amy DeLisio, MPH, RD
(916) 265-4042 x109
amy.delisio@wellness.phi.org

Public Food Procurement Policies 101

Length: 2 hours training and discussion

California Project LEAN staff have led the development of public food procurement policies for healthy vending and can provide trainings to public and private jurisdictions interested in adopting standards to assure that their spending goes towards healthy and nutritious foods. This training will review experiences in other jurisdictions and models of procurement policies, as well as successful processes for adoption and implementation.

Healthy vending options do exist and with the right approach, vendors are more likely to take those first small steps to offering healthy snacks.

Contact Katherine Hawksworth, MPH, CHES • (925) 708-7027 • Katherine.Hawksworth@phi.org

Worksite Wellness Interventions

Worksite Wellness Overview

Length: 2 hours

Every week hard-working Californians spend 40 hours and may eat up to 10 meals at work, often with little control over the food and drinks available. Many individuals spend more waking hours at work than at home making the workplace a natural venue for investments in health.

Participants will:

- Learn why worksite wellness interventions that promote healthy food access and physical activity opportunities are a critical component of nutrition education and obesity prevention work, particularly among low wage workers.
- Get an overview of worksite wellness strategies and hear about success stories from the field.

Six Simple Steps to Implement a Worksite Wellness Program

Length: half-day training

Worksite wellness programs help employers create a culture and environment at their workplaces that support healthy eating, improve fruit and vegetable consumption and increase levels of physical activity among workers. This intensive and interactive training teaches strategies for implementing a worksite wellness program at the community level in six simple steps.

Participants will learn to:

- Implement education, policy, and environmental changes and provide community linkages that support employers and employees in creating and sustaining a healthier workplace.
- Tailor a program to meet the needs of business owners and their employees in low wage worksites and the agricultural industry.

Contact Amy DeLisio, MPH, RD • (916) 265-4042 x109 • amy.delisio@wellness.phi.org

Youth Engagement

Youth-Led Participatory Action Research Orientation

Length: half-day or full-day training options

This workshop is an introduction to Youth-Led Participatory Action Research (YPAR) as a youth engagement method of achieving community change. YPAR is a proven framework and model used to engage, empower, and activate youth on research to improve their schools, afterschool programs, communities, and/or service groups. YPAR is a model SNAP-Ed program, as noted in the SNAP-Ed Strategies and Interventions Toolkit.

Participants will learn to:

- Apply this model to community change efforts by engaging young people and supporting their voices.
- Initiate the process of creating a plan for youth engagement in your community.
- Learn skills in the train-the-trainer approach that can inspire youth leadership.

Youth Engagement Training for Adults

Length: half-day or full-day training options

Are you engaging youth as partners in your community change efforts? This training will teach adult staff how to effectively and authentically engage young people in efforts to create healthier young people and environments.

Participants will:

- Constructively examine your current youth engagement design.
- Learn different strategies of involving youth in your programs.
- Explore approaches to increase youth ownership, leadership, and sustainability.

Youth Engagement Forum

Length: half-day or full-day training options

The target audience for this training opportunity is youth groups currently working on a community change project. This workshop is an interactive collaborative day of peer-to-peer learning and sharing between young people who are actively working towards positive changes in their school or

Contact Amy DeLisio, MPH, RD • (916) 265-4042 x109 • amy.delisio@wellness.phi.org

community. Bring together youth from miles apart or within the same community to learn what other young people are doing to support their communities, realize the collective impact of the work they are doing, and collaboratively build connections with other young leaders.

Youth will learn to:

- Participate in community building activities and engaged learning.
- Engage in peer-led YPAR training.
- Reflect on successful youth work presented by youth teams.

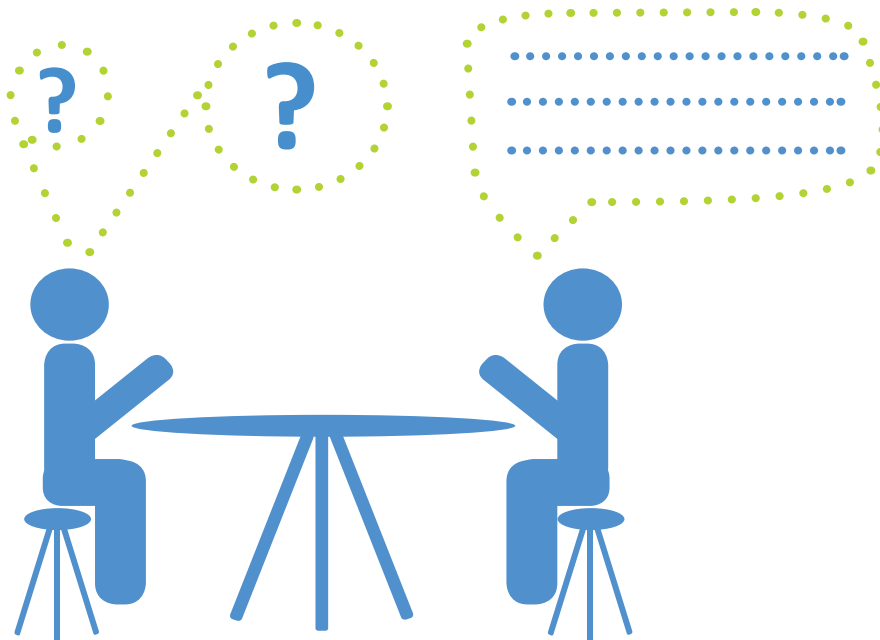
Building Youth as Spokespeople for Community Change

Length: half-day training

This workshop is for adults working with young people in community change efforts, to help build skills in storytelling and talking with decision makers about changes that the community needs.

Participants will learn to:

- Implement activities that help prepare young people to be effective spokespeople for community change.
- Explore approaches to increase youth ownership, leadership, and ultimately youth opinions and ideas.



Contact Amy DeLisio, MPH, RD • (916) 265-4042 x109 • amy.delisio@wellness.phi.org

Engaging Youth in Creating Healthier School and Community Environments

Length: varies (See description below)

Utilizing CPL's *Playing the Policy Game* and other materials and resources, this training can be tailored and geared specifically for adult allies or youth, or a combination of both. Key concepts such as Youth Development, Youth Engagement, Youth Adult Partnerships, and Action Planning will be covered. Similar to the Parents in Action Training, CPL provides a few options of this training to help adult allies and youth create healthier school and community environments through Policy, Systems, and Environmental change (PSE) strategies.

6-hour Training

Provides both adult allies and youth with information to enable them to become advocates for improved nutrition and physical activity environments. Local health data, assessment tools and resources, and CPL's four-step advocacy process, among other resources, will be covered.

3-hour Training

Condensed version of the above 6-hour training that equips participants with the necessary information to support the development of an *Action Plan* for change.

Early Childcare and Out-of-School Time/After School

Center Leadership and/or Staff to Advance Policy, Systems, and Environmental Changes

Length: varies (See description below)

This training engages early childcare or out-of-school time/after-school personnel to develop and implement policies and practices that support a healthy early childcare or out-of-school time/after-school environments. Topics include best practices, programs and policies for nutrition including food, snacks, and beverages with approaches for increasing children's physical activity in these settings, and reducing screen-time.

Contact Katherine Hawkworth, MPH, CHES • (925) 708-7027 • Katherine.Hawkworth@phi.org

6-hour Training

Provides early childcare or out-of-school time/after-school personnel including directors, teachers, and line-staff with information to enable them to create healthier nutrition and physical activity environments.

3-hour Training

Condensed version of the above 6-hour training that equips participants with the necessary information to support the development of an *Action Plan* for change.

Parent Engagement to Support Healthy Childcare

Length: 3 hours

This training engages parents to become advocates for supporting healthy early childcare or out-of school time/after-school environments.

Contact Katherine Hawksworth, MPH, CHES
(925) 708-7027
Katherine.Hawksworth@phi.org

Technical Assistance (TA)

In addition to the specific trainings offered, the Center for Wellness and Nutrition (CWN) and California Project LEAN (CPL) are also available to provide ongoing technical assistance support to the above topic related public and institutional policy, system, and environmental change measures.

For example, we work with school districts and community members to facilitate adoption and implementation of a strong school wellness policy, with an employer to launch a worksite wellness program, with a health departments or other partners to create programs for healthier retail or for healthier childcare. We can also assist jurisdictions in development and adoption of policies such as public food procurement policies (vending and food trucks), sugary drink taxes or other measures. Let us know your needs and we will work to develop a tailored support program.

Services can be provided through telephone or in person consultation, document review and revision, or webinars to provide content guidance.





Katherine Hawksworth, MPH, CHES
Program Manager
California Project LEAN
Katherine.Hawksworth@phi.org
(925) 708.7027
www.CaliforniaProjectLEAN.org
@Project_LEAN

Center *for* Wellness *and* Nutrition

Amy DeLisio MPH, RD
Deputy Director
PHI Center for Wellness and Nutrition
Amy.DeLisio@wellness.phi.org
(916) 265-4042 x109
www.CenterForWellnessAndNutrition.org
@phi_wellness