

The top of the image features a dark grey logo in the upper left corner with the text "Exec. DINING" in a white, stylized font. The background is a photograph of fresh vegetables, including red tomatoes, green basil leaves, and a white onion, arranged on a rustic wooden surface.

Exec.
DINING

ASK THE *dietitian*

DO YOU HAVE QUESTIONS ABOUT
NUTRITION AND HEALTHY EATING?

JOIN OUR **ASK THE** SESSION
dietitian

WITH EXECUTIVE DINING'S REGISTERED
DIETITIAN NUTRITIONIST, TRISH RUZICKA

WHEN: WEDNESDAY, OCTOBER 7TH AT 10AM
WHERE: VIRTUALLY THROUGH CISCO
WEBEX(FREE)

TO REGISTER AND SUBMIT QUESTIONS
CONTACT TRISH AT
TRISH@EXECUTIVE-DINING.COM