

Healthy Lifestyle Virtual Seminar



March is National Nutrition Month

Dr. Trevor Pfaendtner

and the Plumbers Local 130 UA Wellness Center
will be hosting a virtual seminar.

Join us for a virtual discussion on healthy eating and an
opportunity to have your questions answered.

Date: Thursday, March 11

Time: 6 - 6:40 p.m. CST

Join the Zoom Meeting

<https://us04web.zoom.us/j/77952489719?pwd=dzZnbnRZyZnYONFJpUmtNajVMNmZGZz09>

Meeting ID: 779 5248 9719 Passcode: npm3S3

**Call the Wellness Center at 312.421.1016
to register so you are entered into the drawing
to win a blender!**

Questions?

Contact the Plumbers Local 130 UA Wellness Center at 312.421.1016.
15900 W. 127th St, Suite 221A, Lemont, IL 60439