



CONNECTIONS | CAREERS | COMMUNITY

EWI JANUARY CHAPTER MEETING Wednesday, January 22, 2025

MINDFUL EATING – The Why & How We Eat

We would be missing a big part of eating healthfully if we didn't talk about the *why* and *how* we eat. Often, these factors can have an effect on our overall health, total weight and even our relationship with food - sometimes even more than *what* we are eating.

Come and learn about your own mindfulness!



**Shelly Asplin MA, RDN,
LMNT, LD, CDCES**
Registered Dietitian
Certified Diabetes Care and
Education Specialist

Shelly Asplin is a registered dietitian, certified diabetes educator and trained wellness coach. Shelly's specialties include diabetes, weight management, celiac disease and other food allergies/sensitivities. She is the coordinator of a Hy-Vee Certified Diabetes Program and has an undergraduate degree in Human Nutrition and Food Service Management from the University of Nebraska – Lincoln and a Master's degree in Health Education from the University of Nebraska – Omaha, Shelly is well-equipped to serve her clients.

Shelly has also served in both elected and volunteer positions with the Nebraska Academy of Nutrition and Dietetics and is a member of the Academy of Nutrition and Dietetics. She currently serves on the board of the local Miller Diabetes Association and local Celiac Support Association.

Invite a guest to this meeting.

Linden Market Hy-Vee - Club Room

747 North 132nd Street, Omaha

5:30PM – Registration/Networking

6:00PM – Introductions, Inspiration and Dinner

6:30PM – Program, followed by Member Spotlight

\$30.00 per person

RSVP by **Friday, January 17th**