

**The *All of Us*
Research Program**
Virtual Event:
**Stress and the
Impact on Nutrition**

Join Us

Learn how you can be included in shaping the future of health care for you, your family, your community, and generations to come by joining us for an *All of Us* Research Program virtual event.

**March
2nd**

Wed. March 2, 2022
12:00pm to 1:00pm
Register at
<https://bit.ly/34zAAVr>



Presented by:

Dr. Karen Lindsay, PhD, RDN will discuss the impact of stress on nutrition. How does stress and anxiety influence eating behavior and food metabolism? How does nutrition impact mood? She will also bring in practical tools that people can use to manage stress and eating behaviors.

At the moment, health care is often one-size-fits-all. When we visit the doctor, our treatments are often the same. We think one day health care should be tailored to you. This is called precision medicine. And research can help us get there. How? By creating a resource that may allow researchers to conduct thousands of studies on health and disease. Join us. The future of health begins with you.

Please RSVP or Contact Us:

(949) 824-0282
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