

Join COPE's Winter / Spring Nutrition Counseling Challenge!

What are YOU whipping up in your kitchen?

To be entered in a drawing to win the gift basket featured below:

1) Send us your favorite recipe - to share with us and your Villanova community - at cope@villanova.edu (**no names will be listed when shared).

Please encourage colleagues to share recipes as well, even if they do not want to participate in the full challenge! The department with the most participation will receive a **FREE SNACK BOX** to their office suite courtesy of Dining Services!

AND

2) Schedule and attend 1 visit during March and 1 visit during April with Libby.

Winners will be chosen first week of May.

Perfect for a active and healthy lifestyle.

Includes:

Hexagon Pattern Nonwoven Cooler Tote, Infuser Bottle, Collapsible Silicone Food Container Set, Wheat Straw Utensil Kit, Buildable Straw Kit w/Case, Strawberry Hot/Cold Pack and the Clip-It Hand Sanitizer.



Win me!
Win me!



Nutrition counseling is **NOT** just about weight loss. It can help you:

- Feel more energized and focused throughout the day
- Manage health conditions like diabetes and high blood pressure
- Discover the latest greatest nutrition tips!



Six free visits **EVERY** year (June 1 - May 31) for employees with VU Health Benefits



Day and **Evening** Sessions are now available via Microsoft Teams



Private, one-on-one sessions from 30 mins to 1 hr and 15 mins

To sign up, go to <https://bit.ly/COPENutrition>
or contact Libby Mills, MS, RDN, LDN, FAND
Elizabeth.mills@villanova.edu

VILLANOVA UNIVERSITY
M. LOUISE FITZPATRICK COLLEGE OF NURSING



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