

# Food for Thought

*A Department Wellness Series*



The department introduces the next seminar in the department wellness series, *Food for Thought*.

Come and enjoy social hour with your peers and food, and hear from Susan Saffel-Shrier, MS, RD about staying healthy throughout the holiday season.

RSVP to  
[DFPMEvents@hsc.utah.edu](mailto:DFPMEvents@hsc.utah.edu)  
Lunch will be provided

**Karen Gunning, PharmD, BCPS**  
*“Coughs, Colds, and Flu – Oh My!  
Self-Treatment Strategies”*

---

Friday, February 8  
12:00pm - 1:00pm

Room 105 (Large Downstairs Classroom)