

## What You Thought You Already Knew About Nutrition and Exercise: Questioning Your Assumptions

Webinar

05.17.2023

Event Sponsor: Association of Corporate Counsel (ACC)

Wednesday, May 17, 2023

12:00 p.m. - 1:00 p.m. PT

*Complimentary Program via Webinar*

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\*Webinar details will be sent upon registration. \*

*Join Scott Elliott, fitness expert, for an eye-opening exploration of common misperceptions about eating habits, dieting, and maintaining a workout schedule. Learn how taking small steps can have a substantial impact your health and wellness.*

Speaker: **Scott Elliott**, *Fitness Expert*, Koolbody

Moderator: **Elizabeth Balfour**, *Partner*, Sheppard Mullin

This program was prepared by Sheppard Mullin in partnership with the Association of Corporate Counsel, San Diego Chapter (ACC).

**Questions?** Please contact Shanae Wong via email.