Nutrition, Wellness, and Me

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Eating Behaviors During COVID-19 and Tips to Manage Eating

COVID-19 and the repercussions of the pandemic have impacted almost all areas of life, and perhaps nowhere more so than food and eating. Working from home can lead to challenges because of the availability of food in the environment, while stressors associated with isolation and social distancing might make it more likely to turn to food to help cope. Based on both clinical and research experience, Dr. Srivastava will discuss some of the impacts of COVID-19 on eating behaviors, as well as easy strategies to help address concerns from mindless snacking to emotional eating.

The talk will be followed by a mindfulness yoga session: Wear comfortable clothes and have your mat available as we take some me-time and practice with Morgan Gerace!

Morgan is grounded in principles of alignment-focused asansa, and offers a holistic yoga practice through strengthening vinyasa flow. Her teaching offers precision in conjunction with cues to encourage body awareness.

November 18, 2020, 6 p.m., via Zoom

Preregistration is required: https://awisphl.org/events/nutrition-wellness-and-me/

Registration deadline: 5 p.m. on the date of the event

For questions email rsvp@awisphl.org