

# Café Wellness Tour with Eurest Dietitian Savina

**What:** 20 minute café tour to learn about better-for-you options

**Who:** Any NIH employee, contractor or guest is invited to attend

**Where:** Building 10B1 Café

**When:** Wednesday, Jan 20; 11:15am

**RSVP** (spaces limited):  
[savina.sparker@compass-usa.com](mailto:savina.sparker@compass-usa.com)

After the tour stay and enjoy a **free** sensible selection half sandwich lunch and **learn how lunch can support your New Year's resolution!**

meet your  
New Year's  
resolution!



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