Eat Well Be Well Education Series

A nutrition education initiative focusing on healthy eating topics and individualized coaching.

Thursday, April 11th from 5:30-6:30pm

Relationship Between Physical Activity and Diet:
So many people wonder which side of the equation to lean towards? Energy expenditure or Energy intake? In this session, we will be discussing the importance of physical activity vs. diet when you are trying to reach your target weight. It is important to know where the balance is and learn how to maintain it.

Thursday, April 18th from 5:30-6:30pm

Current Issues in Nutrition:
There are a lot of myths and misperceptions about different foods and nutrients. Most of these misperceptions originate from miscommunication between scientists and clients through untrusted sources. In this session, we will touch on a few of these myths and reveal the truth behind them.

Wednesday, April 24th from 5:30-6:30pm

Mental Issues Regarding Weight Management:
In this session, we will be discussing the mental reasons as well as mental consequences of weight management journeys. Challenges during weight loss and weight gain episodes could differ for each individual. Information will be provided on how best you can take control of the situation by knowing the underlying reasons of why you might not be satisfied with your health and dieting story.

Wednesday, May 1st from 5:30-6:30pm

Eating Disorders:
Eating disorders are being vastly studied by researchers since they could cause major problems to health, as well as various types of diseases. So many people might not even know they have an eating disorder. In this session, we will provide information on how you can identify signs of an eating disorder and how best you can address the issue.

westga.edu/education/wolf-wellness-lab/
Eat Well Be Well

Individualized Coaching Sessions

A nutrition education initiative focusing on healthy eating topics and individualized coaching.

Tuesdays during the month of April, starting April 9th - DROP IN - NO APPT. NEEDED
Drop by the Wolf Wellness Lab anytime between 9:00-5:00pm to speak with our nutritionist.

Wednesdays during the month of April, starting April 10th
Appointment times available between the hours of 9:00-12:00pm and 1:00-5:00pm. Participants interested in scheduling a 45-minute time slot should email wolfwellness@westga.edu.

Thursdays during the month of April, starting April 11th
Appointment times available between the hours of 10:00-3:00pm. Participants interested in scheduling a 45-minute time slot should email wolfwellness@westga.edu.
My name is Dr. Sepideh Kaviani and I am originally from Iran. In 2014, I received my B.S. degree in nutrition sciences and became a registered dietitian in my home country. I pursued nutrition sciences for my graduate studies in the United States. I recently graduated from the University of Georgia with a doctoral degree. My passion has always been contributing to health promotion and disease prevention through a healthier lifestyle. However, I am well aware of the obstacles that each individual might go through to reach their health goals. I am excited to work with the Wolf Wellness Lab to provide evidence-based nutrition information for UWG students, faculty, staff, and the community.