

# The Healthy Boston Speaker Series

## What is the Series?

This series offers free and engaging nutrition education presentations. We aim to help people make their best personal nutrition choices. Each presentation teaches people knowledge and skills they can apply to their lives.

**Our presentations cover a variety of topics including:**



**Swap the Salt**



**Healthy Eating 101**



**Rethink Your Drink**

## How Can I Request a Presentation?

If you are a Community Organization or Partner and would like us to present to your staff or clients, email [chronicdisease@bphc.org](mailto:chronicdisease@bphc.org) or scan the QR code and complete our request form.



**Building a Healthy Boston**

