

For Immediate Release – September 30, 2020

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## **Prevea Health to offer free virtual presentations on healthy eating Oct. 15 and Oct. 22**

**Green Bay, Wis.** – Prevea Health is offering two free virtual sessions in October that will offer guidance and tips on healthy eating as part of its Prevea Health Matters series.

[\*Stress eating COVID-19 style\*](#) will be presented Thursday, Oct. 15 from 5:30 to 6:30 p.m. and led by Deb Guenterberg, a Prevea Health Registered Dietitian Nutritionist. Deb will address the difficulties of maintaining a healthy diet during a challenging time such as the pandemic and provide guidance and tips on how to eat healthfully.

[\*Eating the mindful way\*](#) will be presented Thursday, Oct. 22 from 5:30 to 6:30 p.m., again, by Deb Guenterberg. Deb will explain the concept of mindful eating and participants learn to eat with intention, understand their triggers and reduce guilt which all lead to making healthy food decisions.

***Both events are free and virtual – allowing anyone from any region to participate!*** Pre-registration is required by visiting [www.prevea.com/events](http://www.prevea.com/events). The presentations will be featured via Zoom, and event sign-on information will be emailed to participants upon registration.

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### **About Prevea Health**

Founded in Green Bay, Wis. in 1996, Prevea Health is a health care organization that provides high-quality, primary and specialty health care in 80+ locations across Northern, Eastern and Western Wisconsin in clinic and hospital settings. It is partnered with six Hospital Sisters Health System (HSHS) hospitals across Wisconsin to provide patients a system of highly-coordinated care, close to home: HSHS St. Vincent Hospital and HSHS St. Mary's Hospital Medical Center in Green Bay; HSHS St. Nicholas Hospital in Sheboygan; HSHS St. Clare Memorial Hospital in Oconto Falls; HSHS Sacred Heart Hospital in Eau Claire; and HSHS St. Joseph's Hospital in Chippewa Falls. For more information, visit [www.prevea.com](http://www.prevea.com).