

November 2022:



**Eat Smart, Move More NC Partner**

Register Now for  
***Eat Smart, Move More NC Virtual Partner Meeting***

**Thursday, November 17, 2022**

**1:00 pm - 2:30 pm**

***“Weighty” Matters: Inclusive & Compassionate Approaches to Whole Person, Whole Community Health***

Current weight-focused efforts within our communities and settings (healthcare, schools, media, etc.) may be contributing to weight bias and stigma which can cause harm. This webinar will highlight these practices and share evidence-based principles and resources on using a weight-inclusive and compassionate lens. Webinar participants will have time to share their own learning and experiences with others.

***Presenters:*** *Diane Beth, MS, RDN, LDN & Erin Hoffman, MS, RDN, LDN*

Diane and Erin serve as Nutrition Consultants in the Division of Child & Family Well-Being and the Division of Public Health, NC Department of Health & Human Services.

Register [here](#) to receive the Zoom link for the meeting.

After registering, you will receive a confirmation email containing information about joining the meeting.

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***Are You Interested in Becoming an  
ESMM Executive Committee Member?  
Recruiting now for 2023!***

Anyone who would like to be considered for serving as a Member-at-Large on the Executive Committee of Eat Smart, Move More NC for the January 2023– December 2024 (2-year) term is invited to apply.

Email [esmmncchair@gmail.com](mailto:esmmncchair@gmail.com) with the subject line “**Application for Executive Committee**” and provide the following information by **Friday, November 11, 2022:**

- Your name, credentials, and job title
- Your organization/company name, if applicable
- One paragraph summarizing your experience with Eat Smart, Move More NC
- One paragraph describing how you would be an asset to the Executive Committee



Jayne McBurney, Chair



Richard Rairigh, Vice Chair



Joanne Lee, Past Chair

Learn more about the current Executive Committee at:  
<https://www.eatsmartmovemorenc.com/executive-committee/>

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***Stay Tuned for 2023 Meeting Dates!***

**Join us in working toward the Eat Smart, Move More NC vision:** a North Carolina where healthy eating and active living are the norm, rather than the exception.

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**eatsmartmovemorenc.com**