

## Food FUNdamentals

### Revised Links and Phone numbers for upcoming group sessions:

This free monthly group session is open to anyone in the community and the mix of audience changes every month depending on who logs in. It is intended for adults and 16 and older individuals welcomed. The purpose of this group is to further the knowledge of general nutrition and for persons to ask questions about shopping, food labels, general prevention tips and more. This is not for specific medical problems those questions should be directed to us for referral to other groups or consultation with Dr, Ramirez, RDN.. When emailing or calling please clearly provide name of person calling, telephone number and question.

email-info@foodfundamentals.net

phone 831-753-7071 (please leave a message if no answer)

Also see and comment on my website blog, [www.foodfundamentals.net](http://www.foodfundamentals.net), Items of interest or request are posted 1-4 times per Month.

### Group-Nutrition and Lifestyle-Spanish (40 Minutes)

**When: Third Monday of the Month, 5:30 6:10 PM PDT**

*(repeats every third Monday of the month except July)*

**Where:** Online or Telephone

**Providers:** Dr. Elsa Ramirez Brisson, RDN

**Client:**

**Client Video Link:** [Click here](#) or use this web address *(Does not change and for security use password -- betabel)* <https://zoom.us/j/89938651321>

**Client Telephone Links:**

**Meeting ID:** 899 3865 1321 **Passcode** 4248105

**Phone connection** +1 669 900 9128 US (San Jose)

### Group-Nutrition and Lifestyle-English (40 Minutes)

**When: Third Monday of the Month - 6:30 7:10 PM PDT**

*(repeats every third Monday of the month except July)*

**Where:** Online or Telephone

**Providers:** Dr. Elsa Ramirez Brisson, RDN

**Client:**

**Client Video Link:** [Click here](#) or use this web address *(Does not change and for security password -- beet)* <https://zoom.us/j/87819488382>

**Client Telephone Links:**

**Meeting ID:** 878 1948 8382 **Passcode** 912264

**Phone connection:** +1 669 900 9128 US (San Jose)

**Other Video Conferences may be found on Website in Wellness or Blog as they are planned, Stay Well, Be Safe, Stay Home, Rest and EatRight!**