**Your March Webinar Invite**

You are invited to attend a webinar on March 12th to learn was to

**Outsmart Your Mind to Eat Better**

People are often tricked into eating more than they intend to, but there are strategies that can help you outsmart the tricksters.

Research shows that our perceptions may influence our food choices more than we think. In this interactive webinar, you’ll test your knowledge about common ways you can be duped, including how:

* the size of a serving dish can influence how much you eat
* our desire for variety factors into the choices we make about eating
* the way food is displayed makes it easier for us to make poor choices

You’ll also learn simple ways to outsmart your mind to eat better and avoid unknowingly eating more than you need, along with strategies for making sure you eat healthier items more frequently than unhealthy ones. This is a webinar that can benefit anyone who eats food—literally everyone—so don’t miss out!

**About the Speaker:**

Mike Harper, M.Ed., is the Fitness Wellness Training Supervisor at the Texas Department of Public Safety (DPS). He oversees a statewide program to improve the health of the workforce through evidence-based training.

Harper holds a master’s degree in Health and Physical Education and spent several years as the Head Strength Coach at Tarleton State University before moving to the Cooper Institute, where created and taught courses related to health and wellness. Harper has presented at regional, state and national conferences and has been published in many peer-reviewed journals.

**Registration links:**

March 12th, 10-11 a.m. <https://attendee.gotowebinar.com/register/3319513968821113357>

March 12th, 12-1 p.m. <https://attendee.gotowebinar.com/register/3648962836874944013>