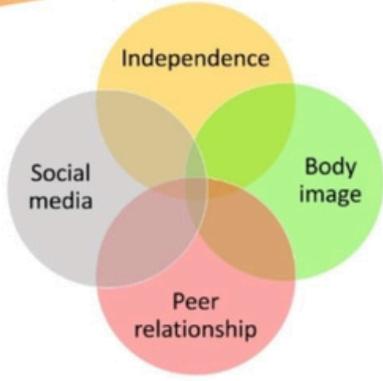


# HEALTHY LIFESTYLE

## CME ON HEALTHY LIFESTYLE AND NURSING STAFF WORKSHOP



ns during adole



**Challenges faced**

psychological stress affect adolescent eati  
abits: skip meals, dining out  
in calories, saturated fat, sodium.  
nfortable eating in front of others