

A collection of colorful measuring tapes (red, green, yellow, and white) are arranged in a circular pattern, resembling a Christmas tree. The tapes are coiled and overlapping, with various measurements visible. The background is a soft, out-of-focus blue and white gradient.

# Trim the Tree Trim the Fat

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The Office of Administration and the Employee Wellness Committee  
cordially invite you to

## Trim the Tree, Trim the Fat

### Lunch & Learn

Taylor Tran, RD, and Frankie Branham, Coordinator of Fitness for Rec Sports,  
will present "Healthy Tips to Keep Your Waistline Intact During the Holidays".

December 15, 2016  
12:00 p.m. - 1:00 p.m.

Naveen Jindal School of Management, **JSOM 1.508**

Space is limited. RSVP to [Taylor.Tran@utdallas.edu](mailto:Taylor.Tran@utdallas.edu) by December 8.