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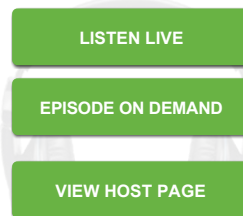
**The Beyond Addiction Show**  
**Thursday at 1 PM Pacific**  
May 21st 2020: Eat Well and Prosper with Rebecca Appleman, RD

It's hard enough to eat healthy and balanced in our regular life, but in the time of COVID, it can feel downright impossible. Registered Dietician Rebecca Appleman joins us today to talk about what RD's do, how they do it, and how you can be healthy and balanced even while practicing social distancing.



#### Tune in

Thursday at 1 PM Pacific Time on  
VoiceAmerica Health and Wellness  
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#### Featured Guest



#### Rebecca Appleman

Rebecca Appleman, RD is the founder and Executive Director of Appleman Nutrition, a private nutrition counseling practice (in NYC, lower Westchester and Greenwich, CT) that works with children, adolescents and adults who struggle with a wide variety of eating, weight and exercise challenges. For nearly 2 decades, Rebecca and her team has helped their clients clarify their Nutrition needs and achieve their individual goals with an inclusive, "all-food fits" approach to eating.

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