

Empower Hour

Interactive webcasts, blogs & more



UnitedHealthcare seminars cover health topics at no additional cost to you.

These seminars are fully interactive and feature expert speakers in health, wellness and nutrition. Best of all, you may email our speakers with your questions during the presentation and they will respond during a question and answer session. Register to attend, and get the information and tools to empower you to make healthier decisions.

Be a Better Cook

Kathleen Zelman, MPH, RD

September 13, 2016

12:30 p.m. ET, 11:30 a.m. CT, 10:30 a.m. MT, 9:30 a.m. PT

You don't need culinary school. You don't need expensive equipment. You don't even need that much experience. All you need to help you be a better cook today is a little bit of kitchen know-how, a well-stocked kitchen and the desire to enhance your cooking skills. Join us for this seminar to get inspired, learn a few tricks of the trade, tips, and begin mastering the art of healthy, delicious cooking just like a pro!



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Kathleen Zelman, MPH, RD

Kathleen Zelman is a nationally known nutrition correspondent, editor and contributing writer of diet and nutrition articles. She has served as director-at-large on the Academy of Nutrition and Dietetics Board of Directors, and is the recipient of numerous national communication awards including the Academy's 'Media Excellence Award' for her contribution and commitment to educating consumers about food and nutrition. Kathleen also received one of the Academy's highest honors, the 2016 'Lenna Frances Cooper Memorial Award' in recognition of a distinguished career and remarkable contributions to the profession.



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