

Wellness Summer Bingo WEEK 2: Nutrition

To attend, click on link here: [Eating Healthier on the Go](#)

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Workshop: Eating Healthier on the Go

Presenter: Vincent Pair DNP, MPH, MS, PMHNP-BC, FNP-BC, RDN, CNE
Associate Professor of School of Nursing - Department of Nursing

Workshop Date/Time: Friday, 7/11/2025 from 10:30 AM – 11:30 AM (HST)

Workshop Description: There's nothing like being at your desk and feeling hungry! Avocados are a great source of oleic acid (healthy for your heart) and are packed full of vitamins, minerals, and fiber. With our busy lives it is sometimes hard to think of fresh, healthy options that are easy to make, and that don't break the bank. Here are two ways to make a great meal that you can enjoy at any time of the day, bring to the office or eat while commuting!

The demonstration will have a vegetarian option as well:

1. Sweet potato bread avocado toast
2. Baked eggs in avocado

About the Presenter: Dr. Vincent Pair is the track coordinator for the PMHNP Program at Hawai'i Pacific University. He has been a registered nurse for more than 20 years and an APRN (dual certified in family practice and psychiatric mental health) for more than 15 years. He retired from the military in 2024 as an Army Nurse Corps Officer and was previously an enlisted Marine. As a multidisciplinary health care professional, he is licensed and registered as a dietitian and also has graduate preparation in clinical toxicology. He completed fellowships in quality medicine at Dartmouth and in Nursing Leadership at Duke University.