

LET'S CELEBRATE NUTRITION IN MARCH

# Fuel your body

with good nutrition

Check Out Our Nutrition Table  
Join our Challenge

Boost your food IQ by Attending a Well-being Webinar  
Visit the Well-being Center of Excellence JonesLink page to add to your calendar

Headpace Meditation  
Thursday, March 6 11 - 11:30 a.m. CT

Mealtime Tips for Your Modern Family  
Tuesday, March 11 1 - 2 p.m. CT

Inflammation, Diet and Disease  
Tuesday, March 25 11 a.m. – noon CT

Mindful Wednesday: Mindful Eating  
Wednesday, March 26 noon – 12:30 p.m. CT



Partnering for You