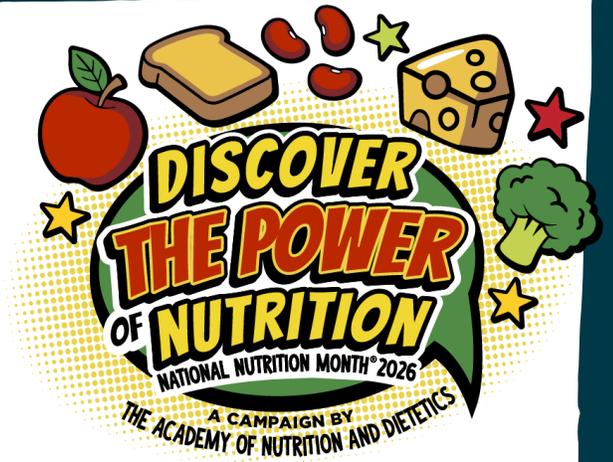




Be Well. Care Well.

Be Well Bulletin



Discover the Power of Nutrition: National Nutrition Month

Welcome to National Nutrition Month, a time to embark on a journey to "Discover the Power of Nutrition." This annual celebration is your invitation to explore the profound impact that balanced eating and healthy habits can have on your overall well-being. Nutrition is not just about fueling our bodies; it's about empowering them. From enhancing energy levels to boosting immunity and improving mental clarity, the right nutrients can transform our lives.

This month, let's dive into the vibrant world of fruits, vegetables, whole grains, and lean proteins, and learn how small changes in our diet can lead to significant health benefits. Join us as we uncover the secrets of nutritious living and inspire one another to make informed food choices every day. Together, we'll explore practical tips, delicious recipes, and expert advice to help you make the most of your meals. Whether you're a seasoned health enthusiast or just beginning your wellness journey, National Nutrition Month offers something for everyone.

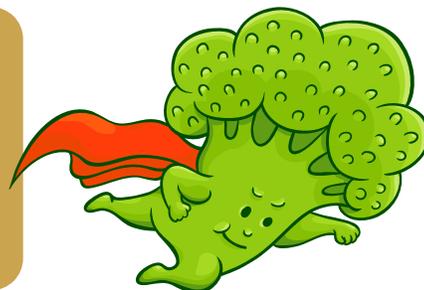
From interactive workshops and cooking demonstrations to insightful articles and community challenges, there are countless opportunities to engage and learn. Let's celebrate the joy of healthy eating and discover how nutrition can be a cornerstone of a happier, healthier life. Embrace this month with an open heart and a curious mind, and let's make every bite count!

UPCOMING TRAININGS

SC Thrive Stress Management

March 12, 2026

6:30 PM - 8:00 PM



MARCH 2026



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TIPS FOR HEALTHY EATING!

1. Eat Breakfast.
2. Make half your plate fruits and veggies.
3. Watch portion sizes.
4. Consult with a Registered Dietitian Nutritionist.
5. Enact family meal time.
6. Explore new foods and flavors.
7. Reduce added sugars.
8. Fix healthy snacks.
9. Be active.
10. Follow food safety guidelines.

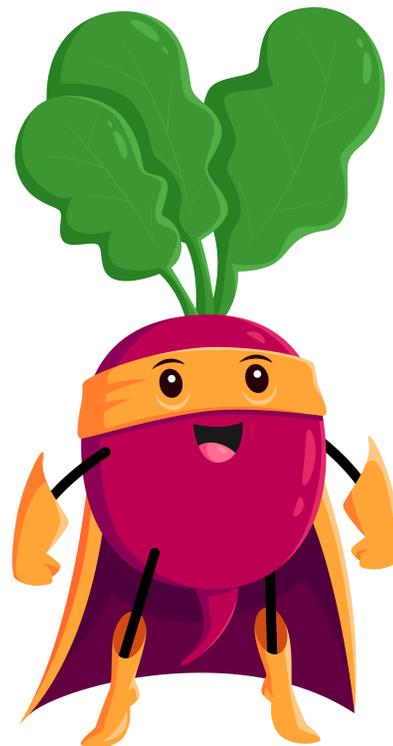
Source: eatright.org



Did You Know?

Apples may lower your chance of developing cancer, diabetes, and heart disease. They also aid in weight loss.

CHECK OUT THIS LIST OF SUPERFOODS AND THEIR BENEFITS



MARCH 2026