Join Us As We Celebrate National Nutrition Month!

*Events will be held in the Atrium from 10:45 am - 2 pm
except for RD Day Celebration on March 11*

**March 4**
What Should A Healthy Plate Look Like?
My Plate Food Guide ♦ Tips for Controlling Portion Sizes
Food Groups And Serving Sizes For Each Group

**March 11**
Registered Dietitian Day Celebration
NCBH ♦ 17th Floor Dining Room ♦ 10:30 am - 2:30 pm

**March 18**
What Can A Registered Dietitian Do For You?
10 Reasons To Visit A Registered Dietitian

**March 25**
The Importance of Exercise
Calorie Burning Info On Different Exercises ♦ 10,000 Steps Per Day
Tips For Increasing Your Activity Throughout The Day

**Mindful Mile Activity**
Join Us For A 1-mile Walk Around The Jacobi Campus
Leaving From The Atrium at 1 pm (Please RSVP to 918-4426)