



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)**