



Join Us As We Celebrate National Nutrition Month!

All Events Will Be Held In The NCBH Main Lobby

Thursday March, 5 ♦ 11 am - 2:30 pm
Eating Smarter to Stay Fit ♦ What's Your BMI?

Monday, March 9 ♦ 11 am - 2:30 pm
Know Your Fats: Good Fat, Bad Fat & Trans Fat
Focus on Fruits and Vary Your Veggies

Friday, March 13 ♦ 11 am - 2:30 pm
Eating Healthy on a Budget ♦ Some Food Basics & What You Eat

Monday, March 16 ♦ 11 am - 2:30 pm
Lets Talk About Diabetes and Healthy Eating

Wednesday, March 18 ♦ 11 am - 2:30 pm
My Plate - Your Guide to Food Variety

Friday March 20 ♦ 11 am - 2:30 pm
Eating Smarter to Stay Fit ♦ Get On A Healthy Eating Plan

Monday, March 23 ♦ 11 am - 2:30 pm
Nutrition & Fitness

Monday, March 30 ♦ 11 am - 2:30 pm
Meal Planning - Get in Shape For the Summer

NORTH CENTRAL BRONX HOSPITAL 3424 Kossuth Ave ♦ Bronx, NY 10467

HHC - New York City Health & Hospitals Corporation (nyc.gov/hhc)