

Join our RD's during the month of March for fun health tips, games, and recipes!



Tuesday, March 12th

12:30 PM - 2:30 PM

Meet the RD's and talk nutrition!

Thursday, March 14th

8:30 AM - 10:30AM

Break the fast with yogurt parfaits and homemade granola!

Tuesday, March 19th

Thursday, March 21st

2:00 PM - 4:00 PM

Healthy snack feature: roasted chickpeas and more!

Tuesday, March 26th

Thursday, March 28th

Time TBD

Hydrate without the Sugar!
Featuring fruit infused water.

For more information, visit our WellCARE where our events will take place!