

MARCH National Nutrition Month



Your Ko-Kwel Wellness Centers want you to thrive!
Help yourself with the transformative power of food and nutrition.
Quick tips towards a healthier eating style:

- Choose foods and drinks that are good for your health.
- Include a variety of healthful foods from all of the food groups on a regular basis.
- Select healthier options when eating away from home.
- Be mindful of portion sizes.
- Keep it simple. Eating right doesn't have to be complicated

Find out more at www.eatright.org

A message from

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