

# MARCH


## FUELING THE WHOLE YOU

# NATIONAL NUTRITION MONTH

## EVENTS

- March 1st: Kick-Off to National Nutrition Month @ Saxbys 11am-2pm
- March 1st: Kick- Off to National Nutrition Month Boot Camp @ Recreation Center 5pm-7pm
- March 4th: Table Info Session to promote National Nutrition Month 3pm-6m
- March 5th: Nutrition Counseling begins
- March 6th: Wellness Wednesday
- March 11th-15th SPRING BREAK
- March 20th: Wellness Wednesday
- March 23rd: Pop-Up Wellness Event!
- March 21st-25th: Week long food and donation drive for the WCU Resource Pantry



SUN	MON	TUE	WED	THU	FRI	SAT
					1 Kick-off to NNM	
	4 Table Info Session	5 Nutrition Counseling Begins	6 Wellness Wednesday	7	8	
	11	12	13	14	15	
	S P R I N G B R E A K					
	18	19	20 Wellness Wednesday	21	22	23 Pop Up Wellness Event
	25	26	27	28	29	
	F O O D D R I V E					
	 Enjoy a "Daily Grind" Smoothie from Saxbys all month long for a portion of the proceeds to be donated to the WCU Resource Pantry 