



FUEL YOUR LIFE

NUTRITION & HEALTHY EATING



WEDNESDAY, MARCH 18

10:30 AM – 11:30 AM

LOCATION: UC275 A

EDUCATION

Discover how to read food labels, make simple swaps for healthier meals, and fuel your energy at work and home.

INTERACTIVE

Enjoy a Build-a-Snack demo and test your knowledge with our “Guess the Sugar” game!

Questions? Email worksitewellness@uww.edu

WEDNESDAY, MARCH 18