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My wellness connection

Health information and tips

We're sharing the links to the most recent version of My Wellness Connection that focuses on **Nutrition Month**. Download this month's issue for health information and tips you can share with your employees.

[My Wellness Connection](#)

Complimentary Webinar, Eating for energy

March 26, 2024 | 12pm - 1pm EST

People often find themselves trapped in a peak-and-valley pattern of high and low energy, fueled by coffee, sugary snacks, and Sunday sleep-ins that never seem to provide them with quite enough rest. Keeping your energy up and at a steady pace can be made easier by selecting appropriate foods. This session will discuss nutritious food choices that can increase participants' energy and reduce the midafternoon drowsiness that they may feel.

[Register Today!](#)

Get Well. Stay Well. Live Well.



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