

Dear **Insert Agency/Higher Ed. Name** Employees,

March is National Nutrition Month, and we're excited to invite you to participate in some upcoming webinars and programs designed to support your health and nutrition goals.

Sugar Savvy: Your Guide to Making Informed Decisions

- **Date:** Thursday, March 14th
- **Time:** 10 - 11 a.m. CT
- Join Lacy Wolff and Alexis Schminke as they unravel the complexities of sugar's impact on health. Gain valuable insights and practical strategies for cutting back on sugar. [Register for Sugar Savvy webinar](#)

Principles of Intuitive Eating

- **Date:** Thursday, March 21st
- **Time:** 10:00-11:00 a.m. CT
- Learn to tune into your body's hunger signals and embrace mindful eating for a healthier lifestyle. Explore 10 proven principles backed by research. [Register for Principles of Intuitive Eating](#)

Also, we invite you to discover our no-cost virtual programs available for HealthSelect of Texas® participants:

Wondr Health:

- Transform your eating and lifestyle habits with personalized videos, a welcome kit, and access to a supportive community. [Learn more and apply for Wondr Health](#)

Real Appeal®:

- Embark on a comprehensive virtual 52-week weight management program with weekly group coaching sessions and personalized support. [Learn more and apply for Real Appeal](#)

We hope you are able to take advantage of all the great benefits available to you to reach *your* goals.

Sincerely,

[Your Wellness Coordinator]