

March 2024: Focus on Nutrition

National Nutrition Month is a great time to learn how simple daily choices can make a BIG difference. Register for a webinar and explore the benefits available to help you achieve your health and nutrition goals.



Webinar

Sugar Savvy: Your Guide to Making Informed Decisions: Join us Thursday, March 14th from 10-11:00 a.m. CT for a *NEW* Webinar that unravels the complexities of sugar and its impact on health. Lacy Wolff and Alexis Schminke will share sugar science, hidden sources of sugar in common foods, and practical strategies for cutting back. Empower yourself with valuable insights to make informed choices to optimize

health. [Registration Link](#)



Webinar

Principles of Intuitive Eating: Join us Thursday, March 21st from 10-11:00 a.m. CT to learn. Learn ways to tune into your body's hunger signals to guide your food decisions. Explore 10 proven principles backed by research, promoting positive body image and well-being while reducing eating disorder risks. Join us to learn how to embrace mindful eating for a healthier lifestyle. [Registration Link](#)



wondr[™]
FORMERLY NATURALLY SLIM

Discover Wondr Health, a no-cost virtual program for HealthSelectSM participants seeking weight management and improved well-being. Join to transform eating and lifestyle habits, receive a welcome kit, access personalized videos, and connect with the supportive Wondr community. Learn more and [apply today](#).

Real Appeal

Real Appeal[®] is a comprehensive virtual 52-week weight management program offered at no cost to HealthSelect participants. Engage in weekly group coaching sessions and embrace personalized, incremental steps toward your weight loss objectives. Upon enrollment, receive a welcome kit featuring essential tools and gain continuous access to your personal coach. Embark on your journey towards a healthier you. Learn more and [apply today](#).

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