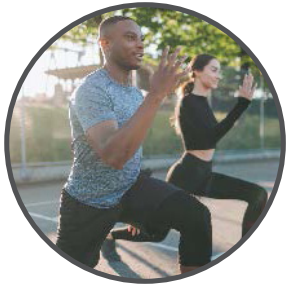


# MARCH: FOCUS ON NUTRITION 2024



March 12  
10-10:15 a.m. CT

Fitness Connect  
Community: Nutrition  
for an Active Lifestyle

[Register](#)



March 14  
10-11:00 a.m. CT

Get Sugar Savvy  
Webinar with Lacy Wolff  
and Alexis Schminke

[Register](#)



March 21  
10-11:00 a.m. CT

Intuitive Eating  
Webinar with  
Valerie Johnson

[Register](#)



March 26  
10-10:15 a.m. CT

Nutrition Connect  
Community:  
Heart Healthy Nutrition

[Register](#)

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