



MARCH: FOCUS ON NUTRITION 2023



March 8
**How Ultra-Processed
Foods Impact Your Health
with Dr. Richa Mittal**
12:00 – 12:45 p.m. CT
[Registration Link](#)



March 9
**Maximizing your Time and
Health with Meal Planning &
Mindful Eating with
Lacy Wolff, MS**
10:00 – 11:00 a.m. CT
[Registration Link](#)



March 14
**Fitness Connect
Community with BCBSTX**
10:00 – 10:15 a.m. CT
[Registration Link](#)



March 15
**Journey to Wellness:
HealthSelect Wellness
Benefits Overview
Health**
10:00 – 10:45 a.m. CT
[Registration Link](#)



March 28
**Nutrition Connect
Community with
BCBSTX**
10:00 – 10:15 a.m. CT
[Registration Link](#)



**Join the Challenge and
log your minutes at the
[Get Fit Texas website!](#)**