

MARCH WELLNESS OPPORTUNITIES: NATIONAL NUTRITION MONTH 2022



March 11
**Plant Power Cooking
Demo with
Lindsey Menge, MS, RD**

12-1 p.m. CT
[Zoom Link](#)



March 16
**Journey to Wellness:
HealthSelect Wellness
Benefits Overview**

10-11 a.m. CT
[Pre-registration Link](#)



March 23
**Intermittent Fasting &
Immunity with
Lindsey Menge, MS, RD**

10-11 a.m. CT
[Pre-registration Link](#)



March 24
**Which one is Right for me?
Real Appeal or Wondr Health**

10-11 a.m. CT
[Pre-registration Link](#)



March 30
**Eat More Plants with
Lindsey Menge, MS, RD**

10-11 a.m. CT
[Pre-registration Link](#)



March 31
**Get Fit Texas Awards
Ceremony!**

10-11 a.m. CT
[Pre-registration Link](#)