



Wellness Wednesdays

November

Central Greene Healthy Eating Day: Wednesday, Nov. 12

Take the first step to making healthier food choices by taking part in the Central Greene's Eating Healthy Day on Wednesday, Nov. 12, 2014. National Healthy Eating Day was November 5, 2014.

On this day, Americans are encouraged to commit to healthier eating. Celebrating National Eating Healthy Day is fun and easy! We provide a complete toolkit of materials and how-to information for workplaces, schools, individuals and community organizations.

Theme: This year's focus is on fruits and vegetables!

Be a team leader and register your school for a free toolkit today at www.heart.org/NationalEatingHealthyDay



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free of cardiovascular
diseases and stroke."*

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Please remember the American Heart Association in your will.



