

March is National Nutrition Month. It is an annual campaign created by the [Academy of Nutrition and Dietetics](#). During the month of March, you're invited to learn about making informed food choices and developing healthful eating and physical activity habits.

As *Healthy Eating* is one of [Level Up's](#) five dimensions, we want to inspire you to adopt healthy habits for eating well. A healthy diet is essential for good health and nutrition. We want you to continue to live healthier, happier, and more fulfilling lives—both at work and at home. That's why we are dedicating Wednesdays to bring awareness to National Nutrition Month.

## Webinars

*Join us at noon on Wednesdays in March!*

Date	Class	Registration Link
March 2	Bento Box Bonanza	<a href="#">Sign up now</a>
March 9	Global Cuisine Made Healthy	<a href="#">Sign up now</a>
March 16	Power In Plants	<a href="#">Sign up now</a>
March 23	Dig Into Dark Chocolate	<a href="#">Sign up now</a>
March 30	Family, Food & Fitness	<a href="#">Sign up now</a>

## Prizes

*Everything is better with prizes, right?*

Each week, Level Up will raffle off **three items**:

- One Cuisinart Petite Gourmet Portable Gas Grill
- One Sonicare Electric Toothbrush
- One Hamilton Beach Big Mouth Plus 2-Speed Juicer



To be entered into the random drawing each week, you must **register and attend** at least one (1) webinar scheduled for that week. Prize winners will be announced during the weekly Wellness Wednesday articles.

We must continue to nurture ourselves with healthy foods and ensure our bodies are cared for—that's staying healthy and elevating our total well-being!

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