



The month of March has been designated as “National Nutrition Month” through 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 the following Wednesdays to bring awareness to National Nutrition Month with live virtual cooking demos with [Chef Anthony Thomas](#) and educational webinars by Wellness Concepts. Explore ways to cook healthy and delicious foods – get ready to nourish your mind and body!



Webinars

Join us at noon on Wednesdays in March!

Date	Live Events	Registration Link
March 5	Live Cooking Demo w/Chef Anthony	Sign up now
March 12	Osteoporosis & Your Diet	Sign up now
March 19	Live Cooking Demo w/Chef Anthony	Sign up now
March 26	Cholesterol Counts: Reducing Cholesterol through Good Nutrition	Sign up now

Prizes

Everything is better with prizes, right?

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

- One \$100 Gift Card
- One Ninja Foodi Air Fryer with DualZone Technology
- One NutriBullet Full-Size Blender Combo

GRAND PRIZE GIVEAWAY

4 lucky participants will receive a Hello Fresh box



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!

Office of Human Resources Management
Level Up – Employee Wellness Program
1400 McCormick Drive, Suite 351
Largo, MD 20774
LevelUp@co.pg.md.us



Tara H. Jackson
Acting County Executive