



March is National Nutrition Month, an annual campaign created by the [Academy of Nutrition and Dietetics](#) to spotlight the powerful role food plays in our health, energy, and overall well-being.

As *Healthy Eating* is one of [Level Up's](#) five dimensions, we want to inspire you to adopt healthy habits for eating well. Nutrition isn't about dieting. It's about fueling our bodies to think clearly, move confidently, prevent chronic disease and show up as our best selves both at work and at home.

This year, Level Up is turning awareness into action with engaging, practical experiences designed to make healthy eating realistic affordable and delicious! We're excited to welcome back [Chef JoJo](#) for two interactive virtual sessions. Plus, [Food on the Stove](#) is joining us again by bringing healthy eating to life, with two in-person salad experiences.

**Register NOW!** Let's eat well. Let's learn together. Let's Level Up!



Meet **Chef JoJo**



It's not just about the food—it's about creating an entire experience. From the moment you walk in, you're gaining insight, inspiration, and memories that last long after the meal is over. Every event, every class, and every tasting is designed to bring people together through flavor, creativity, and connection. I can't wait to help you create something unforgettable.



## Webinars

Join us at noon on Wednesdays in March!

| Date     | Live Events                               | Registration Link           |
|----------|---|-----------------------------|
| March 4  | Fast, Fresh & Wallet Friendly w/Chef JoJo | <a href="#">Sign up now</a> |
| March 11 | The Ultimate Salad Glow Up                | <a href="#">Sign up now</a> |
| March 18 | Comfort Food Makeover w/Chef JoJo         | <a href="#">Sign up now</a> |
| March 25 | Salad Remix: Flavor, Fuel & Function      | <a href="#">Sign up now</a> |

# Prizes

*Everything is better with prizes, right?*

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

- **One \$100 Gift Card**
- **One Cuisinart Griddler Indoor Grill**
- **One Cold Press Juicer Machine**

To be entered into the random drawing each week, you must **register and attend** at least one (1) webinar or event 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 110  
Largo, MD 20774  
[LevelUp@co.pg.md.us](mailto:LevelUp@co.pg.md.us)



**OHRM**  
Office of Human  
Resources Management