COMING SOON!

Brown Bag Day – THE HEALTHY WAY

This activity will help you boost your nutrition and achieve better health by helping you to EAT SMART. Bring your own home-made lunch every ______________ and eat with your co-workers.

NO DIETING INVOLVED. SUCCESS IS EASY.

The activity will begin on ____________________________________
and end on _____________________________________________

Remember to check the Brown Bag Message Board every week for updates, recipes and more!

Don’t be left out! Join the FUN!

For more information about Brown Bag Day, contact the activity coordinator __________________________________
at ________________________________________________

This activity is presented by your Worksite Wellness Committee

www.EatSmartMoveMoreNC.com