

March 2016—National Nutrition Month



SAVOR
THE FLAVOR
OF EATING
RIGHT

NATIONAL NUTRITION MONTH 2016
Academy of Nutrition
and Dietetics
www.eatright.org

Mon	Tue	Wed	Thu	Fri	Sat
	<p>1 <i>Healthy Meal Q&A</i> 1600-1800 <i>Commissary</i></p>	2	3	4	<p>5 <u><i>Aquathon and Health Fair</i></u> 0900-1000 <i>JBSA Water Park</i> <u><i>Dietitian Q&A</i></u> 1000-1200 <i>METC Gym</i></p>
7	<p>8 <i>Healthy Snacks for Kids and Adults!</i> 1130-1230 <i>Main CDC, Funston Rd</i></p>	9	<p>10 <i>Dietitian Q&A</i> 1200-1300 <i>Jimmy Brought</i> <i>METC Gym</i></p>	11	12
14	<p>15 <i>Healthy Meal Q&A</i> 1230-1430 <i>Commissary</i></p>	<p>16 <i>Healthy Meal Q&A</i> 1600-1800 <i>Commissary</i></p>	<p>17 <i>Dietitian Q&A</i> 1200-1300 <i>METC Gym</i></p>	18	19
21	<p>22 <i>Dietitian Q&A</i> 1700-1900 <i>METC Gym</i></p>	23	24	25	26
<p>28 <i>Dietitian Q&A</i> 1600-1800 <i>Jimmy Brought</i></p>	29	30	31		