

FUEL YOUR JOURNEY

JUNE PROGRAM



POINT BREAKDOWN & ACTIVITIES



Workshops:

- June 4th at 12:00-1:00pm- Virtual Harmon's Dietician Cooking Demonstration / 10pts
- June 12th 12:00-1:00pm-Fueling a resilient mindset: Nutrition and Mental Health for Everyday Well-being - Virtual Workshop / 10pts
- June 22nd at 12:00-1:00pm- Virtual Harmon's Dietician Cooking Demonstration / 10pts
- June 24th 12:00-1:00pm- Stepping into Sustainable Nutrition Virtual Workshop/ 10pts

Lunch n' Learn:

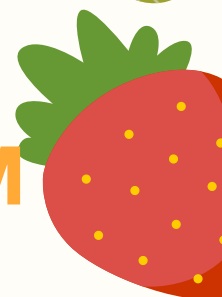
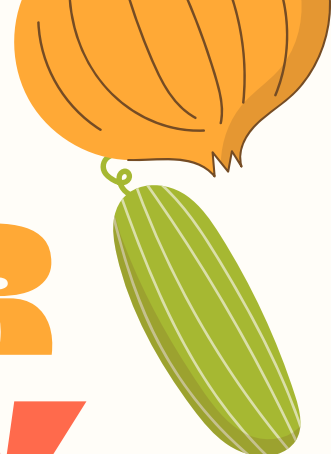
- June 25th 12:00 - 1:00pm (Government Center Cafeteria) - Lunch is served! Nutrition Through The Ages /10pts

14-day Fuel Your Journey - Eat Your Veggies - 15pts

 Ready to fuel your body one bite at a time? Join the **14-Day Fuel Your Journey: Eat Your Veggies Challenge** and build a simple, sustainable habit that supports your energy, health, and well-being by eating 3 servings of vegetables every day for 14 days.

An invitation to participate in the challenge will be sent to your WellSteps account. If you're interested, join the fun!





FUEL YOUR JOURNEY

JUNE WELLNESS PROGRAM

CREATE SUSTAINABLE NUTRITION HABITS FOR LIFE

Fuel Your Journey Offerings:

- Dietitian cooking demonstrations
- Nutrition Sustainability, Nutrition Through the Ages, Nutrition and Mental Health Workshops
- Weekly Cooking Skills Videos
- Weekly phytonutrients education and health benefits to eating colors
- 14-day Eat Your Veggies challenge
- New weekly recipes and cooking challenge

What is Fuel Your Journey?

A hands-on nutrition program that supports eating for energy, health & wellbeing. This program encourages participation that leads to long-term, sustainable nutrition habits.

Weekly Nutrient Color Focus:

- Week 1:**
Red Fruits and Vegetables
- Week 2:**
Yellow and Orange Fruits and Vegetables
- Week 3:**
Blue & Purple Fruits and Vegetables
- Week 4:**
Green Fruits and Vegetables



EXPLORE OFFERINGS
& Sign-Up To Attend!

Participate and Earn Up To 101 Wellness Points!