

Vivid Vegetables, Fabulous Fruits

8-Week Challenge
Begins
June 2nd

Colorful Choices is a simple, effective, fun way to boost nutrition and reduce health risks, while gaining more energy. You'll learn how to:

- Eat a colorful variety of fruits and vegetables every day
- Prepare delicious, produce-rich meals and snacks
- Select perfect produce for peak flavor and nutrition
- Start your own vegetable garden.



Registration begins May 2nd

<http://betterhealth.colorfulchoices.com>

Colorful Choices is open to all employees, spouses and domestic partners. For more information, visit <https://www.solutionsbiz.com/loginArea/Admin/colorfulChoicesVideo.cfm> or contact Lisa Gatan, Health and Wellness Program Coordinator, 768-2921 TTY 711



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