



MARCH

CLICK ON THE EMBEDDED LINKS TO GET STARTED!

VIRTUAL ACTIVITIES FROM THE CONVENIENCE OF YOUR HOME OR OFFICE!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 WEEKEND WELLNESS: PUT AWAY THE BASKET OF LAUNDRY
4 PLANKS FOR BEGINNERS (3 MIN)	5 HEALTH EDUCATION SERIES: PROTECT YOUR HEART	6 ABS & BOOTY PILATES (35 MIN)	7 FULL BODY STRENGTH & ENDURANCE (20 MIN)	8 WEEKEND WELLNESS: SPEND THE WEEKEND "UNPLUGGED"
11 TRY THIS MONTHS MINDFUL MEAL	12 HEALTH EDUCATION SERIES: PROTECT YOUR HEART	13 INTRO TO YIN YOGA (25 MIN)	14 SOUND HEALING (20 MIN)	15 WEEKEND WELLNESS: GO TO THE FARMERS MARKET
18 REGISTER FOR THE NOURISH CHALLENGE	19 HEALTH EDUCATION SERIES: PROTECT YOUR HEART	20 FULL BODY STRENGTH & CONDITIONING (20 MIN)	21 YOGA FOR SCIATICA (30 MIN)	22 WEEKEND WELLNESS: JOURNAL YOUR FEELINGS
25 LEG WORKOUT WITH DUMBBELLS (30 MINS)	26 HEALTH EDUCATION SERIES: PROTECT YOUR HEART	27 MINDFUL MEDITATION TO BE PRESENT (10 MIN)	28 FULL BODY HIT (50 MIN)	29 WEEKEND WELLNESS: AIM FOR 10,000 STEPS

HIGHLIGHTS

HEALTH EDUCATION SERIES

- LEARN ABOUT IMPORTANT TOPICS RELATED TO HEART HEALTH
- REGISTER FOR THE VIRTUAL WEEKLY SESSIONS HELD ON TUESDAYS AT 12:00PM
- [CLICK HERE TO LEARN MORE HERE](#)

FARMERS MARKETS

- ORANGE COUNTY HAS MANY LOCAL FARMS AND FARMERS MARKETS
- [CLICK HERE](#) TO LEARN MORE AND FIND A LOCATION CLOSE TO YOU

EAP :EMPLOYEE ASSISTANCE PROGRAM

- FIND SUPPORT YOU NEED
- GET STARTED AT: RESOURCESFORLIVING.COM
- CALL: 1-800 -221 0945 OR TTY: 711

USERNAME: ORANGE COUNTY CA
PASSWORD: EAP

MINDFUL MEAL

LENTIL & QUINOA SALAD

GLUTEN FREE

EATING LESS MEAT AND MORE PLANT-BASED FOODS WILL HELP YOU MAINTAIN A HEALTHY GUT, INCREASE YOUR FIBER AND ADD A VARIETY OF VITAMINS AND MINERALS TO YOUR DIET!

[CLICK HERE FOR THE FULL RECIPE](#)



NOURISH CHALLENGE

REGISTRATION OPENS MARCH 18TH



A NUTRITIOUS DIET CAN HELP YOU PREVENT DISEASE AND LIVE A LONGER, HEALTHIER AND HAPPIER LIFE. NEED HELP EATING BETTER? REGISTER FOR NOURISH, A FUN CHALLENGE THAT MAKES EATING HEALTHY A LITTLE EASIER, STARTING MARCH 18 ON THE [YOUR PATHWAY TO WELLNESS PORTAL](#).

LOOK FOR EMAILS DIRECTLY FROM NOURISH STARTING MARCH 18.

