

MARCH: WHAT'S ON YOUR PLATE?

Nutrition for You and Your Family

MONTHLY WEBINAR



Eating Your Way to Wellness

Thursday, March 15, 2012

12:00 p.m. - 1:00 p.m.

Learn tips and resources to eat your way to better and long lasting health based on the new USDA "My Plate" guidelines.

BE SURE TO REGISTER IN ADVANCE

Register for the webinar on the NYS-Balance website. To participate, you will need an Internet-connected PC and a phone. If the webinar is not scheduled during your break or lunch time, you can view it later online.

RESOURCES: CONSULTANTS AND WEBSITE

Confused about what to put on your plate? Eating right doesn't have to mean denying yourself. A healthy mix of lean protein, low-fat dairy, whole grains, and fruits and vegetables can be both healthy and satisfying. We can help you learn to make the right choices with a library of health and wellness articles, tip sheets, assessments, and links to online resources.

Call or visit us online to get the answers to your health and wellness questions.

Additional resources are available through your NYS Employee Assistance Program (EAP). For more information about EAP and other Work-Life Services benefits, please visit www.worklife.ny.gov.

Andrew M. Cuomo, Governor,
State of New York

Gary Johnson, Director,
Governor's Office of Employee Relations

NYS-Balance is a resource and referral program offered by Work-Life Services with funding provided by the negotiated agreements between the State and CSEA, PEF, UUP, DC-37, NYSCOPBA, GSEU, and Council 82, and by the Governor's Office of Employee Relations for employees designated M/C.

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