

# National Nutrition Month Events

Each of the below activities will earn you 3 raffle tickets into the Healthy Habits Raffle Campaign, where you can win one of the \$1,000 prizes.



**Movie Screening: Fed Up**  
**Thursday, March 15 at 12:15 p.m.**  
**Grand Hall at Moses Campus**

Fed Up looks at the food industry's impact on America's obesity epidemic. Snacks and refreshments will be provided.

**Register at [ToYourHealth.Montefiore.org](https://www.toyourhealth.montefiore.org)**

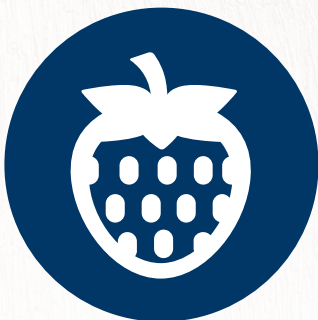


**Associate Wellness Sugar Challenge**  
**Friday, March 16 - Friday, March 30**

The 14-day challenge has Associates replacing foods and beverages high in added sugar with healthier alternatives.

**Register at [ToYourHealth.Montefiore.org](https://www.toyourhealth.montefiore.org)**

Complete the challenge for an Associate Wellness prize!



**Diets to Know in 2018 - What's Trending?**  
**Thursday, March 29 at 12 p.m.**  
**TLC Room 1 at Moses Campus**

For a lively discussion about trending diets join us in person or off-site via ZOOM.

**Register at <https://goo.gl/xjcsW4>**

If you have questions or need assistance, please contact  
[ToYourHealth@montefiore.org](mailto:ToYourHealth@montefiore.org).

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To Your Health!  
Montefiore for a Healthy You