**March is National Nutrition Month.**

One key to a balanced diet is learning to snack well without sacrificing the flavors you love. Try these simple tips to make snacks work for you:

- **Think of snacks as your chance to sneak more nutrients into your diet.** Try sliced carrots, peppers, and broccoli dipped in hummus, or berries with cottage cheese and a drizzle of local honey.
- **Snack only when you're hungry.** Skip the urge to nibble when you're bored, frustrated, or stressed. Walk the dog or work in the garden before feeding the snack attack.
- **Don't forget portion control.** Enjoy a single-serve greek yogurt or put a small serving of nuts in a bowl. No eating from the bag!
- **Plan snacks ahead of time.** Keep a variety of nutritious, ready-to-eat supplies on hand, such as whole grain crackers, low-fat cheese, and fresh fruits & veggies from the farmers market.

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### March 2016

**Well-U Calendar of Events**

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<th>Sunday</th>
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<td>Making Mindful Changes 12-1pm HWH, 1W501</td>
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<td>Food &amp; Mood 12-1pm HWH, 1W501</td>
<td>Live Cooking Demo 12-12:45pm Meliora Ballroom</td>
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<td>Make Your Move 12-1pm HWH, 1W509</td>
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<td>Enroll at <a href="http://www.inwardoffice.com/uofr.html">www.inwardoffice.com/uofr.html</a> or click HERE</td>
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<td>Truth About Gluten 12-1pm 135 Corporate Woods</td>
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<td>BHP Overview 12-1pm RTP, Bldg 5, 2153B</td>
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**Wednesday**

- **FIT1 • 12-1pm • SRB • West Winds Cafe**
- **Yoga • 12:00—1:00pm • Memorial Art Gallery**
- **FIT1 • 12-1pm • SRB • West Winds Cafe**
- **Yoga • 12-1pm • River Campus (Interfaith)**
- **Yoga • 12:00-1:00pm • College Town (44 Celebration Dr)**

**Thursday**

- **Yoga • 11:00—12:00pm • Mt. Hope Family Center**
- **Yoga • 6:00-12:00pm • River Campus (Interfaith)**
- **Yoga • 12-1pm • West Winds Cafe**
- **Yoga • 11:00-12:00pm • HWH 1W501**
- **Yoga • 12:00-1:00pm • SRB • West Winds Cafe**
- **Yoga • 12:00-12:30pm • SRB • West Winds Cafe**
- **Yoga • 12:00-12:30pm • SRB • West Winds Cafe**
- **Yoga • 12-1pm • River Campus (Interfaith)**
- **Yoga • 12:00-12:45pm • URMC Fitness Center**
- **Yoga • 12:00-12:30pm • College Town (44 Celebration Dr)**
- **Yoga • 12-1pm • URMC Fitness Center**

**Friday**

- **Yoga • 12-1pm • River Campus (Interfaith)**
- **Yoga • 12:00-12:30pm • SRB • West Winds Cafe**
- **Yoga • 12:00-12:30pm • SRB • West Winds Cafe**
- **Yoga • 12-1pm • River Campus (Interfaith)**
- **Yoga • 12:00-12:45pm • ESM**
- **Yoga • 12:00-12:45pm • URMC Fitness Center**
- **Yoga • 12-1pm • River Campus (Interfaith)**
- **Yoga • 12:00-12:30pm • College Town (44 Celebration Dr)**
- **Yoga • 12-1pm • URMC Fitness Center**
- **Yoga • 12:00-12:30pm • College Town (44 Celebration Dr)**
- **Yoga • 12-1pm • URMC Fitness Center**

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RTP Wellness Fair
11am-2pm
RTP, Bldg 5, 2153A
Health Bites
12-1pm, URMC, K307
Become a Runner Info Session
5:30-6:30pm, SRB 1404

Farmers Market
Wednesdays • 3-6pm • Flaum Atrium*
March 2 - Oct. 26
It's Back!

*Market will be held in SRB Atrium June 1, 8, 22 & Aug. 3

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Visit rochester.edu/well-u to enroll in a program