

COMING SOON!

Brown Bag Day— THE HEALTHY WAY

This **activity** will help you **boost your nutrition** and **achieve better health** by helping you to **EAT SMART.**

Bring your own home-made lunch every _____
and eat with your co-workers.

NO DIETING INVOLVED. SUCCESS IS EASY.

The activity will begin on _____
and end on _____

Remember to check the Brown Bag Message Board every week for updates, recipes and more!

Don't be left out! Join the FUN!

For more information about Brown Bag Day, contact the activity coordinator

at _____

This activity is presented
by your Worksite Wellness Committee



www.EatSmartMoveMoreNC.com