BUILDING A HEALTHY LUNCHBOX

Attend this workshop and learn the options to build a healthy lunch box with better nutrition and less cost. Beat the fast food habit and enjoy fewer calories, fat and sodium while improving your health and energy levels. The facts show that you can save over $1,000 a year by packing your own food for the day instead of purchasing restaurant and fast food meals.

DISTRICT OFFICE

4/6/2020

1:00 - 2:00 pm

Room: A-206

EAST CAMPUS

4/14/2020

11:00 - 12:00 pm

Room: Community Room

DOWNTOWN

4/21/2020

2:00 - 3:00 pm

Room: Copper Room

WEST CAMPUS

4/28/2020

11:00 - 12:00 pm

Room: JG02

Sign Up at pcc.acuityscheduling.com

WELLNESS COUNCIL OF ARIZONA

PimaCommunityCollege
Employee Wellness Program

Earn 2 PCC Wellness Opportunity Points for the Pima Healthy Rewards Program