



### July Lunchtime Activity:

Meet with Wellness Coach Christine to ask about  
Diet, Nutrition, Exercise, and Stress Management

#### Topics available to discuss:

- Body Mass Index/Body Fat Composition as it relates to your health
- Blood Pressure Check and how it relates to your health
- My Plate Nutritional Guidelines and examples of portion control
- Importance of staying hydrated
- Any nutritional concerns with diet, macronutrients and micronutrients

July 30: Noon – 1:30 p.m., Cedar Run, McCoart

July 31: 11:30 a.m. – 1 p.m., Ferlazzo Gymnasium

***WALK- INS WELCOME! Stop by if you have a quick 5 minutes to get your questions answered!***

Register at PWC University → ***Department Specific Training*** (blue tile) → ***Employee Wellness*** (left side menu)