

**WellNYS Everyday Monthly Webinar**

**Build Your Plate Around Healthy Choices**

March is National Nutrition Month and the Monthly Daily To-Do is to “Build your plate with healthy choices.”



Discover some simple ways to make every “plate” in your day a healthy one, no matter your work environment. The speaker will provide a wellness challenge to engage in for the month of March or attendees may choose their own challenge. All participants who attend the webinar live will be invited to a follow-up webinar on Friday, March 31, 2023.

**Wednesday, March 1, 2023**

12:00 noon – 12:20 P.M.

*Presented by:*

**Alison Durand**

RDN, CDN, LDN

Capital District’s Physician’s Health Plan

*CDPHP members can earn up to 100 Life Points Rewards*

To register for this webinar

Go to <https://meetny.webex.com/weblink/register/rc9e20cee167bd7176f58abcf18d5ec1e>



You will receive a confirmation email with instructions for joining the session. This session will be recorded and made available on the WellNYS Everyday website.

Work-Life Services (WLS) Programs are joint labor-management programs that benefit New York State employees by enhancing employee wellbeing, increasing productivity, and improving morale in the workplace. The WLS programs include the Employee Assistance Program, Network Child Care Centers, and DIRECTIONS: Pre-Retirement Planning. The WLS programs are funded through the collective bargaining agreements between the State of New York and the public employee unions:CSEA, PEF, UUP, NYSCOPBA, GSEU, Council 82, and DC-37 and PNANYS. The Office of Employee Relations contributes on behalf of management/confidential employees.