

Employee and Retiree Service Center  
*The Bulletin*—March 11, 2026

### **March Wellness Webinar—*National Nutrition Month***

National Nutrition Month is a nutrition education and information campaign held annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

This year's theme is *Discover the Power of Nutrition*. Nutrition has the power to help individuals and communities thrive. Discover how food and beverage choices can help power your day. Learn tips for accessing healthy foods in your area. And build healthy habits into your day to help you feel great now and in the future. Be sure to visit the [Well Aware Toolbox](#) for National Nutrition Month Resources.