

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

March Wellness Webinar—*Smart Carbs*

Join Well Aware for this month's wellness webinar: *Smart Carbs*. Carbs aren't the enemy—confusion is. This session cuts through the noise to explain how carbohydrates actually work in the body and why the goal isn't to eliminate them, but to choose and pair them wisely.

Participants will learn—

- the difference between glycemic index and glycemic load;
- how fiber slows digestion and supports blood sugar stability; and
- why combining carbs with protein, fat, or color-rich produce can transform a meal's impact.

The webinar will be held on Thursday, March 26, 2026, at 12:00 p.m. [Email Well Aware](#) to register. After registering, you will receive a link to the webinar in your Outlook email as well as an Outlook calendar reminder.

With practical examples, simple swaps, and real-life plate-building strategies, this session will empower attendees to enjoy carbohydrates with confidence—supporting steady energy, balanced mood, and long-term health.