Trying to eat a healthier diet?  
Get tips and ideas from LifeWorks Wellness!

Trying to find ways to cook healthier meals, lose a few pounds, or incorporate more fruits and vegetables into your diet? Whatever your nutrition goals, LifeWorks Wellness can help you find ways to reach them. Call to find out how a health coach can help or go to www.lifeworks.com and click on Wellness Tools under Quick Links to explore our online resources. You can

- use our easy online Meal Planner and Food Logs to get organized about healthy eating.
- try an online Nutrition workshop.
- use our Fruit and Vegetable tracker to motivate you to eat more fruits and vegetables.
- find recipes, healthy tips, and much more.

Call LifeWorks at 888-267-8126 and ask about health coaching or visit www.lifeworks.com (username: university; password: dayton) and click on Wellness Tools under Quick Links to enroll online. En español: 888-732-9020, TTY: 800-346-9188.