

MARCH 2026

BUILDING BETTER HEALTH,
TOGETHER

CONTENT TYPE

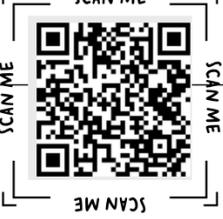
-  QUICK TIPS • Quick Tip
-  TEAM • Team Highlight
-  FUN FACT • Fun Fact
-  RECIPE • Recipe
-  MOTIVATE • Motivate
-  CHALLENGE • Challenge
-  • Group

PLATFORM

VIRTUAL

IN- PERSON

CHALLENGE

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 	3 Melt, Mold, Move 5:30 PM	4 Movement Snack Break Series 12:00-12:15 	5 Movement Snack Break Live Sessions March 	6 <u>Roasted Carrots</u> 	7
8  Spring Forward	9 	10 Weight Loss 101 5:30 PM	11  Movement Snack Break Series 12:00-12:15	12	13	14
15	16 "Do what you can, with what you have, where you are" T. Roosevelt 	17 	18 Movement Snack Break Series 12:00-12:15	19  <u>Now is the time to prepare to plant spring vegetables.</u> 	20 	21
22	23	24	25 Movement Snack Break Series 12:00-12:15	26	27 On this day in 1988 marks the first time Indiana hosted the NCAA Final Four 	28
29	30 	31  March is National Nutrition Month				

