

## March is Nutrition month!

Test your knowledge and complete the attached quiz ([click here](#)) to be entered into a draw for a Sobeys' gift card!

We hear about new and exciting diets on an almost daily basis. Diets that are guaranteed to help us lose those last 10 pounds but do any of them really work? Our diets should be about being healthy and eating well and that means eating real food. Trying to limit the processed food in our diet and aiming to eat more fresh fruit and vegetables, whole grains, nuts, seeds, legumes and lean protein sources is a great start. KPR's website has some great recipes for you to try ([click here..](#)), as does the [Heart and Stroke Foundation](#) and [Eat Right Ontario](#). It will take some extra time and planning, but your improved health will be worth every moment. Prepare meals together with a partner, child or friend for a great social time as well.

The [Durham Region Health Unit](#) has a great resource for simple ways to get started on a healthier diet Choose one and start today!

Want to learn more? Check out the nutrition page of the [Boards website here...](#) for links to some great information and to learn what our Employee and Family Assistance Program (EFAP) can provide to assist you in your journey to a healthier diet.

This year the Health and Wellbeing Committee was able to host three PA days for our EA's and CYW's. We shared some great information about the many programs offered by our Employee and Family Assistance Program in addition to counselling. We also delivered interesting sessions dealing with stress relaxation techniques, taking steps to become more active, taking a look at what we eat and how it affects our bodies and a great session on dealing with grief, our and others. We want to thank Teaching and Learning for allowing us this opportunity as well as to Bowmanville HS, Port Hope HS and TASSS for allowing us the use of their facilities. A great day was had by all!

The February Challenge is over. How did you do? Were you able to complete your bingo card? Please submit all completed bingo cards to the Education Centre c/o Health and Wellbeing before March 9th. We will be holding draws for some great prizes on that date!



Remember to follow us on:



Health & Wellbeing Conference:  
[Click here](#)

Health & Wellbeing Website:  
[Click here](#)



If you have any ideas or suggestions for challenges or programs you would like to see please contact any member of your committee. *Your Health and Wellbeing Committee members are:*

Kathy Bell	Marga Koetje
Scott Carl	Michael McGinn
David Crawford	Nancy O'Brien
Jennifer Deck	Sarah Rogers
Tracey Hughes	Christy Thompson
Marsha Jones	