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NOW!**

HEALTHY BITES

 **MONTHLY E-NEWSLETTER**

WHAT YOU'LL GET:

**HEALTHY
EATING TIPS
& TRENDS**

**RECIPES,
COOKING TIPS,
& MEAL IDEAS**

**FUEL RIGHT
PROGRAM
UPDATES &
MORE!**

HOW TO SIGN UP:

1. Complete a sign-up form with your **EMAIL ADDRESS** at the Honda Wellness Centers or online at www.hondawellness.com/health-promotion
2. Receive a monthly e-newsletter from our very own Registered Dietitians with the latest nutrition tips & trends, healthy eating tips & recipes, and much more!