



HEALTHY BITES

E-NEWSLETTER



Information ~ Resources ~ Encouragement

**NUTRITION &
WELLBEING
RESOURCES
AND TIPS**

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

**PROGRAM
OFFERINGS,
HWC UPDATES,
AND MORE!**



HOW TO JOIN: Sign up with your **EMAIL ADDRESS** -
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For questions, contact Laura Black at Laura_Black@na.honda.com

 **HealthFitness**