Learn to "Fuel for the Future" with proper nutrition. Complete at least 6 activities during the month of March to earn program credit toward your WellBAMA Rewards. Bring your passport to be initialed at each event.
March 1
Join the Better Bites MoveSpring challenge for nutrition tips and recipes all month long. Visit wellness.ua.edu/betterbites

March 2
Better Bites
What’s Your Eating Style?
Suzanne Henson, RD
Student Center Rm 3108 | 12-1pm

March 3
Mystery Vegetable
Check social media for clues.
Walk of Champions | 11am-1pm

March 9
Better Bites
Meal Planning 101
Suzanne Henson, RD
Student Center Rm 3108 | 12-1pm

March 10
Mystery Vegetable
Check social media for clues.
Marrs Springs | 11am-1pm

March 23
Better Bites
Nutrition for Exercise Performance
Sheena Gregg, RD
Student Center Rm 3108 | 12-1pm

March 24
Nutrition Scavenger Hunt
Take you on a scenic tour of our beautiful campus while testing your nutrition knowledge.
Gorgas Library | 11am - 1pm

March 24
Mystery Vegetable
Check social media for clues.
Gorgas Library | 11am-1pm

March 30
Better Bites
Cooking Demonstration
Suzanne Henson, RD
NEMB | 12-1pm

Contact our office for questions: 348-0077 or wellness@ua.edu