



UPCOMING CLASSES

- **PCA CLASS**
 - March 21st - April 1st
- **CNA CLASS**
 - June 28th - August 5th

CENN TOWN HALL APRIL 19TH @ 5PM

- Talk to Your Peers
- Ask Dawn Questions
- Help Plan 2022 Gatherings & Festivities

**ZOOM INVITE WILL BE SENT VIA EMAIL
THE FRIDAY BEFORE TOWN HALL**



EMPLOYEE SPOTLIGHT BRENDA ROYSTER, PCA



Brenda has with CENN for over 3 years and is our Veteran Ambassador. She honors our Veterans with her amazing care because her superpower is to be able to help anyone!

Quote of the Month

"The human soul doesn't want to be advised or fixed or saved. It simply wants to be witnessed - to be seen, heard and companioned exactly as it is."

-PARKER J. PALMER

NATIONAL PEANUT BUTTER LOVER'S DAY - MARCH 1ST

Spring Forward!
March 13th

HAPPY ST. PATRICK'S DAY - March 17th

NATIONAL NUTRITION MONTH



VARY YOUR DIET

EAT A VARIETY OF
NUTRITIOUS FOODS
EVERY DAY.



MEAL PLANNING

ENJOY HEALTHFUL
EATING AT SCHOOL,
WORK & HOME.



COOK & PREP

LEARN SKILLS TO
CREATE TASTY MEALS
TO SHARE AND ENJOY.



VISIT AN RDN

SEE A REGISTERED
DIETITIAN
NUTRITIONIST.

10 BEST HEALTHY SNACKS, ACCORDING TO DIETICIANS

EatingWell

- 1. Apple or Pear with Nuts or Nut Butter
- 2. Popcorn
- 3. Chickpeas
- 4. Beet Chips
- 5. Walnuts
- 6. Cottage Cheese w/ Fruit or Veggies
- 7. Energy Bars
- 8. Greek Yogurt
- 9. Popsicles
- 10. Chia Pudding

Snacks can be a part of a healthy diet whether you're making your own or relying on something from the package. Choose options made primarily from whole foods, pair foods that include protein, fiber, and fat, and limit added sugar and salt to stay energized between meals while also reaching your wellness goals.

BIRTHDAYS & WORK ANNIVERSARIES

MARCH BIRTHDAYS

Anne Coley	March 4th
Krystal Tunget	March 17th
Lisa Lettley	March 21st
Eva Evans	March 25th
Rachel Johnson	March 31st

MARCH WORK ANNIVERSARIES

Shirley Bailey	3 years
Rachel Johnson	3 years
Torri Taylor	3 years
Danyell Thomas	3 years
Claire Coefe	5 years
Anisha Fowler	5 years
Jeanette Wakefield	18 years