



COLOR your HEALTH

COLOR your HEALTH is a month long program to encourage you to consume more fruits and vegetables in an effort to promote overall health and well-being. Your goal is to aim for 5 servings of fruits and vegetables a day.

Kick-Off Event: Wednesday, February 29, 2012

Time: 12 noon– 1 pm

Location: HUB 367

Join us for a brief program overview and an educational session on ways to eat a rainbow of fruits and vegetables to get the most nutrients and antioxidants.

COLOR your HEALTH will provide you with materials and resources to:

- Achieve 5 servings of fruits and vegetables a day
- Discover new ways to eat more fruits & vegetables at every meal
 - Learn how eating a variety of colorful fruits & vegetables can improve your health

*If you are unable to attend the Kick-Off Event, please contact **Julie Chobdee** for program details.*

To enroll, visit www.ucrlearning.ucr.edu

For more information contact: Julie Chobdee, Wellness Program

Coordinator at julie.chobdee@ucr.edu or x 2-1488