



IT'S NOT TOO LATE TO JOIN!

*Sign up for the
"Healthier You in 2022"
Challenge!*

*sehealth.org/challenge or
scan the QR code below:*



Watch your inbox for more information on monthly challenges & prizes through September!



According to AHA, a healthy eating plan full of fruits and vegetables can help lower your risk of many serious and chronic health conditions, including heart disease, obesity, high blood pressure, diabetes and some types of cancer. An easy first step to eating healthy is to include fruits and vegetables at every meal and snack. All forms (fresh, frozen, canned and dried) and all colors count.

Each week in April we will check in to see if you have made changes to increase your "Rainbow of Health" and with every weekly entry opportunity, you will be entered into a drawing for one of the following prizes:

- 6 Month Subscription to a Fruit of the Month Club
- Heart Healthy Cookbook