

# #newfoodnewme

This New Year resolve to try new healthful foods and create better eating habits.

## Café Wellness Tour: Happy New Year

**What:** Café tour to learn about eating well and New Year resolutions

**Who:** NIH employees, contractors and visitors

### When & Where:

Café ACRF (bldg. 10, 2<sup>nd</sup> floor)  
Wednesday, January 10: 11:15 a.m.

Café 35  
Wednesday, January 24: 11:15 a.m.

Café 31  
Thursday, January 25: 11:15 a.m.



Tour led by  
Savina Sparker,  
Eurest  
Registered  
Dietitian

### GOALS!

- Gym 3x a week
- Drink more water
- Eat more leafy greens

spaces limited, RSVP to  
[savina.sparker@compass-usa.com](mailto:savina.sparker@compass-usa.com)