

5 A DAY YOUR WAY



Workwell NYC challenges YOU to strive for 5 servings of fruits and vegetables every day!

Wednesday, March 18th – Tuesday, March 24th

Sign up for the challenge and receive:

-  Daily prompts & meal planning tips
-  Personal tracker
-  Chance to win a prize!

Join Today!

Register at
bit.ly/5aday2020



Follow us on Instagram!

Follow [@workwellnyc](https://www.instagram.com/workwellnyc) and tag [#5adayyourway](https://www.instagram.com/hashtag/5adayyourway) for a chance to be featured!

 workwell@olr.nyc.gov

 nyc.gov/workwellnyc

 [@workwellnyc](https://www.instagram.com/workwellnyc)