



Todora, OTI

## March Upcoming Events

# Taste



### Starts March 9

#### **Nutrition's Impact on Issues Below the Belt**

Celebrate National Nutrition Month with WorkWell NYC's "Rate Your Plate" campaign! For 10 days, you'll get nutrition info, trivia, and tips for healthy eating. Learn how to serve up a balanced meal like a pro!



### March 12 @ 12 PM

#### **Nutrition's Impact on Issues Below the Belt**

Join WorkWell NYC and Plant Powered Metro NY to hear from urogynecologist Fiona Lindo, MD, MPH, on how to prevent and manage urinary and pelvic floor issues.

Learn about the best foods and nutrients to support your bladder, kidney, and pelvic health.

Register at [on.nyc.gov/upcomingevents](https://on.nyc.gov/upcomingevents)



[nyc.gov/workwellnyc](https://nyc.gov/workwellnyc)





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### **Deadline Extended! Submit by March 16**

#### **Art is Life 2026: Submit Your Art!**

2026's suggested theme, "(Human)kind: Human Connection and Spirit in the Age of AI," invites artists to reflect on access, equity, and what it means to be human in an increasingly digital world. Submissions conceptualized, created, and/or enhanced with AI will NOT be accepted.

Visit [on.nyc.gov/artislife](https://on.nyc.gov/artislife) to learn more and submit your art!



### **March 17 @ 12 PM**

#### **Beyond Hot Flashes: The Power of Nutrition and Movement in Menopause**

Join WorkWell NYC and Plant Powered Metro NY to learn from Elisabeth Fontaine, MD, how health conditions before and during menopause can be managed through lifestyle strategies like nutrition and exercise.

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### **March 26 @ 7 PM and March 27 @ 12 PM**

#### **Open Community Forum: Share, Connect and Support**

During these uncertain times, it's important to support your basic needs and find community. Join WorkWell NYC to discuss how you're feeling, be heard, and learn about City resources to support yourself and others during these challenging times.

- March 26th at 7 PM
- March 27th at 12 PM

Register at [on.nyc.gov/upcomingevents](https://on.nyc.gov/upcomingevents)



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