

MHealthy March

<i>Sun</i>	<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>
For more MHealthy info, Email us at mhealthy@umich.edu , call us at 975-3024	(dial all seven digits) or go to our web site at www.mhealthy.umich.edu	1	2 What fun, new veggie will you try today?	3 	4	5 
6 Water is important to drink all year long!	7	8	9 Have you signed up for the S & S run on March 13?	10 Go here for more info www.runshamrocks.com	11 	12 Daylight Savings Time begins tomorrow!
13 <u>Shamrocks and Shenanigans Run</u>	14 	15	16 	17 St. Patrick's day!	18 	19
20 SPRING BEGINS!!	21 	22	23 	24	25 Ergo Tip: Feet flat on the floor.....	26 And remember to engage your core!
27	28 MHealthy's "Bring a Buddy to Class for Free" Week	29 	30 Check out the MHealthy Spring/Summer class schedule	31 At www.mhealthy.umich.edu/classes	Class registration begins Monday!	

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