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LifeNotes



March is National Nutrition Month and LifeNotes has some tasty tips for eating healthier on the job and helping others in the workplace make healthier choices. You'll also learn how to be more mindful of diabetes and how it affects you and others in the workplace. Be sure to take time to watch the video on the difference between Intermittent Fasting for health benefits and suffering with a dangerous eating disorder.

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Read:

Thriving with diabetes: The importance of mindfulness in the workplace

[Read here](#)



Watch:

Identifying and managing eating disorders

[Watch here](#)



Well @ Work:

What's in your snack drawer? Support healthier choices in the workplace

[Click here](#)

Want to talk to someone for more help and resources? Call us at: 866-219-1232

Are you a manager? Don't forget that our team of professionals is here to support you with leadership challenges. You can call in for help with personal development or team management, or learn more online.

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