



Hello!

Here is your Health Kit for March 2019. Please take a few minutes to distribute all materials via email. Also, be sure to print the poster and display it widely. Your dedication to wellness makes a difference. Thank you for your efforts!

This month's Health Kit is all about immunity! Use the tools in this month's kit to learn simple ways you can boost your health.

[Poster](#) Print and display this month's poster, **Immunity Boosters**, for quick tips to strengthen your immune system.

[Brain Game](#) Complete this crossword puzzle to find words associated with the immune system.

[Recipe](#) Enjoy this delicious recipe for stuffed bell peppers, which are rich in vitamin C - one of many immune-boosting nutrients.

[Podcast: Immune Health](#) Download this podcast to learn how you can keep your immune system in fighting shape by eating the right foods.

Additional Info:

For more information on the immune system, click [here](#).

COMING UP NEXT MONTH:

April's Health Kit will feature information on plastics and their impact on environmental health.