

March 2014



City of Casper
Stall Talk

National Nutrition Month!



Desperate for direction?

- ✓ Do you experience slowed thoughts, difficulty making decisions, lack of concentration or forgetfulness?
- ✓ Do you think that's "just how life feels."

These are signs of depression.

Let's point YOU in the....

'Right Direction'

to the City of Casper's
EFAP program.



Check out the new EFAP Slogan.



Contact
Three Trails EFAP today.



RightDirectionForMe.com



307-237-5750

THREE TRAILS EFAP

NATIONAL BENEFIT SERVICES, LLC
Customer Care • Knowledge and Expertise • Organizational Excellence



just a reminder.

If you have flex money from
2013 left over, you have until
March 15th to spend it!



HEALTH TALK

MARCH 20:

MINIMIZE THE NEED FOR SUPPLEMENTS THROUGH THE FOODS YOU EAT WITH MARY TVEDT, RD, LD, CDE, DIABETES CARE CENTER MANAGER WMC.

TIME: 12 NOON - 1 PM

LOCATION: COUNCIL CHAMBERS



SIGN UP THROUGH WOTC-THIS WILL COUNT TOWARD YOUR REQUIRED 2 HEALTH TALKS FOR 2014.

What's in that HAMBURGER?

Wendy's Triple Baconator:

- * 1350 calories
- * 90 g fat (40 g saturated, 3.5 g trans)
- * 2780 mg sodium
- * Saturated fat equivalent: 1 full Pizza Hut medium supreme pan pizza!



Try this instead.....

Wendy's Jr. Hamburger & Kid's French Fry:



- * 480 calories
- * 21g fat (6.5g sat fat)
- * 790mg sodium

Your heart will thank you!



CNIC Health Solutions®
A Rocky Mountain Health Plans TPA

Did you know.....

If you are a nursing mom, or soon will be, breast pumps can be reimbursed 100%!

Only the pump is reimbursable. All other supplies (bags, cleaning supplies, etc.) are not reimbursable.



For more info, call 1-877-321-4412

NUTRITION BINGO

Improve your nutrition knowledge & dietary habits by playing B-I-N-G-O

March 17th—April 18th
Check out the flyer
above for details!

