



Fueling your body right!

Healthy eating starts with adding more fruits, vegetables, and whole grains to your diet. It also means cutting back on foods that have a lot of fat, salt and sugar.

Listening to your body, eating in moderation and varying your food choices can help you to get the nutrients your body needs.

Need more motivation?

Conifer Health Solutions and its Personal Health Nurses (PHNs) are available to help you to set simple and manageable goals. To get started, call Patricia Mullen at 1-800-459-2110 X 2247 or 410-919-4428.