



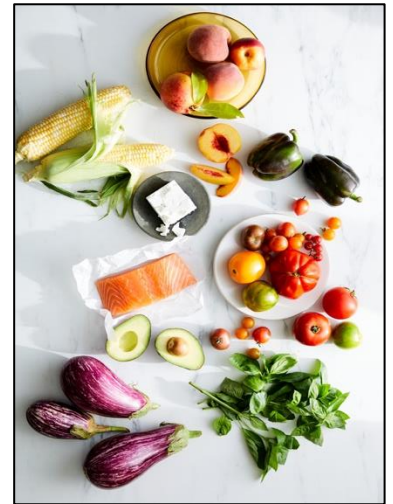
## Highlights of the Month

### National Nutrition Month

March into Spring with healthy habits! In honor of National Nutrition Month and as your partner in wellness, we're giving you the lowdown on these nutrition facts:

- [All of your carb questions answered](#)
- [The WW Guide to protein](#)
- [Not all fat is created equal](#)

Plus, see how our science-backed [SmartPoints® system](#) makes deciding what to eat even easier by narrowing it down to one simple number.



## Kick start your wellness journey

### NEW: An offer you won't want to miss!

Join WW by March 31 and get a Healthy Kitchen Kit with your WW program plan!

Once you've signed up, redeem for your Kit at [WW.com/atworkstarterkit](http://WW.com/atworkstarterkit)

### Just for you - 10% off the WW Shop!

Treat yourself to kitchen essentials, snacks, creative cookbooks, and more. Visit the [WW Shop](#) and use code **WWSAVE10** at checkout!



## Recipe of the Month

### Corned beef and cabbage fried rice

**7** **7** **3** SmartPoints® value per serving

Enjoy this [flavorful dish on St. Patrick's Day](#) and for leftovers throughout the week.



## Join the millions of WW participants achieving their goals!

Sign up for WW at [OEBB.WW.com](http://OEBB.WW.com)

Employees, spouses, and dependents enrolled in an OEBB medical plan can sign up at NO COST to you.