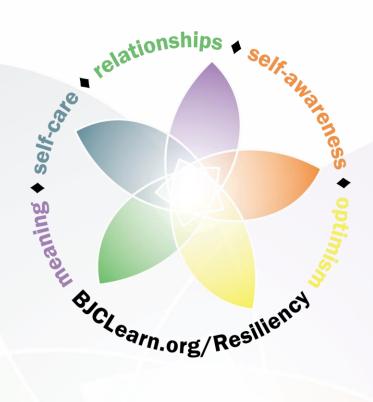
RESILIENCY

Resiliency In The Moment: A Healthy Plate

"A healthy outside starts from the inside."

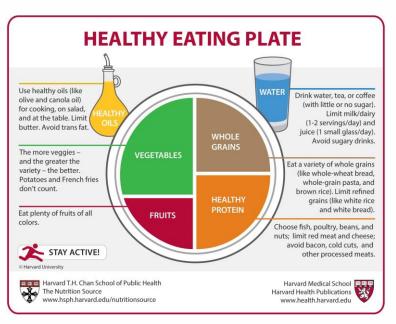
- Robert Urich



Does your plate look like this on a regular basis?

Give it a try tonight!

Use the image as a guide for creating healthy, balanced meals—whether served on a plate or packed in a lunch box. Google and print a copy for your refrigerator to serve as a daily reminder!



Visit thrivebybjc.org for your employee well-being resources at BJC Need more help? Employee assistance is available at bjceap.com or (314) 747-7490

