From:	Elisha R. Underwood
To:	Maloney, Caitlin
Subject:	Rise and Walk friday video
Date:	Friday, October 16, 2020 12:36:48 PM
Attachments:	image002.png simple steps to healthy eating.pdf new food label at a glance.pdf Healthy Foods for under 1.00.docx Best Instant Oatmeal Packets.docx

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Hi Caitlin,
I'm sorry if I didn't send this earlier, I thought I did but I want to make sure you hve what you need for today.
Nancy Schaefer Recorded Health Talk: https://www.youtube.com/watch?v=EtHkmqqf7u4&feature=youtu.be
Resources: on dropbox and attached.
Thanks,
Elisha

Elisha Underwood
Program Manager, RiseVT – Windham County
Brattleboro Memorial Hospital
https://risevt.org/risevt-counties/windham-county/

https://risevt.org/rise-walk-windham-county/

Your life, your home, and you are sweet enough. Get ideas for swapping out sugary drinks at risevt.org/sweet-enough

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