

Spring FORWARD

Daylight Saving Time begins at 2 a.m. on Sunday, March 12. The extra morning sunlight can help us wake up and get going. To compensate for the lost hour of sleep, go to bed an hour earlier than usual to help reset your body clock.



NUTRITIOUS Activities

March is National Nutrition Month! Have fun with [these activities](#) to encourage better nutrition and greater wellness for kids and adults:

- Host a tasting of seasonal citrus fruit



- Learn how to read a nutrition facts label



- Add 10 minutes of walking to your day



- Rethink your drinks: give up one sugary or fatty drink for March



3.14159265358979323846

26433832795028849716939937510582097

4944592307816406286208998628034825

3421170679821480865132823066470938446

095505822317253594081284811745028410

270193852110555964462294895493038196

442881097566593344612847564823378...

Pi DAY

National Pi Day is March 14. Why? Because 3.14... is the value of Pi.

Find activities at piday.org.

