

## Lunch 'n' Learn offers tips for adding fruits and vegetables

The American Heart Association will present a free virtual Lunch 'n' Learn session for WPS employees on Wednesday, July 29.

In July we are focusing on healthy eating and adding color to our plates with fruits and vegetables. Fruits and vegetables contain vitamins, minerals, and nutrients that help prevent heart disease, cancer, and other illnesses. The AHA team will teach us the importance of adding more fruits and vegetables to our meals, what's in season, and how to store produce properly for maximum shelf life.



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Lunch 'n'  
Learn

WPS | HEALTH  
SOLUTIONS

### July topic: Add Color—Healthy Eating

**Please join us from noon to 12:30 p.m. CT on Wednesday, July 29.**

Click [here](#) to download and add the event to your calendar. Click **Download > Open download > Accept calendar invitation**. To download, you will need to be in Citrix.

Or, if you want to join directly on July 29:

### Join Microsoft Teams Meeting

608-571-5828

Conference ID: 809 488 172#

**Note:** Do not share your video when joining.

**Questions about how to join the session?** Please contact Jessica Marking, [Jessica.Marking@wpsic.com](mailto:Jessica.Marking@wpsic.com).

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