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"In a world where most meals are eaten away from home, WELCOA's new *Eat Right For Life* equips your employees with the information they need to make healthy eating choices—on the go."

Help your employees make better eating choices in everyday situations. Whether at the store, dining out, on the road or in the office—*Eat Right For Life: On The Go* contains empowering how-to guides and hundreds of tips for navigating grocery aisles, restaurant menus and avoiding common nutritional pitfalls.

With compelling information from WELCOA and Dr. Ann Kulze, one of the nation's leading nutrition educators, the third book in the award-winning *Eat Right For Life* series will help you engage employees and add a whole new level of excitement to your wellness initiatives. Give your employees the real-world coping tools they need to make more nutritious choices—everywhere they go.



Eat Right For Life: On The Go is the perfect companion to the other two books in the *Eat Right For Life* series!



WELCOA'S NEWEST BOOK!

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Dr. Ann's **Eat Right for Life™**



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