



NUTRITION

Capital Blue Cross has provided a webcast to help you learn more about proper nutrition. **VIEW THE WEBCAST.**

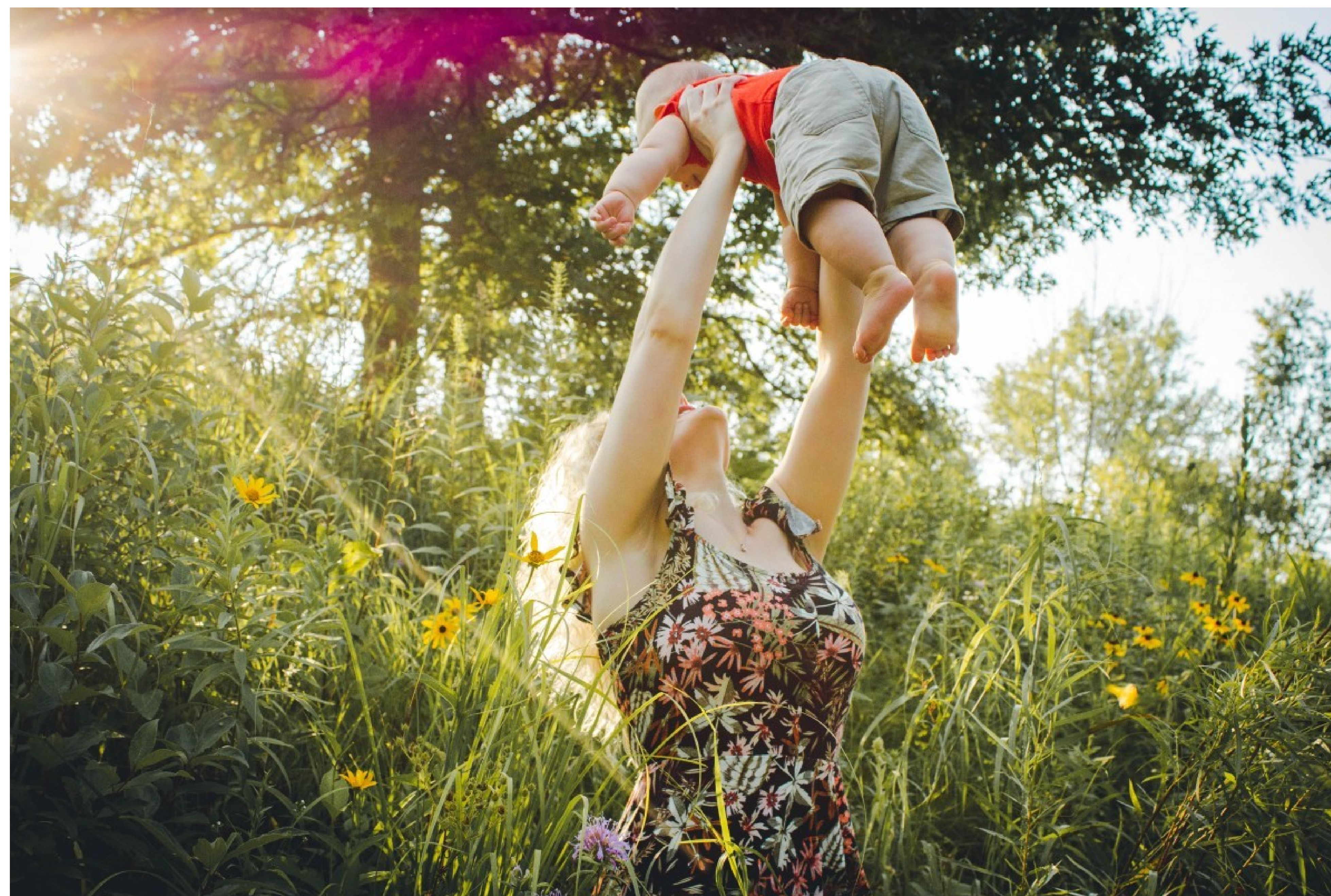


HEALTHY FAMILY

Capital Blue Cross has provided a webcast to help you learn more about keeping yourself and your family healthy. **VIEW THE WEBCAST.**

WELLNESS & NUTRITION

Whether you live alone or with others, nutrition and overall wellness are keys to healthy living



Lafayette Employee Wellness Program



HEALTHY RECIPES

Capital Blue Cross offers healthy recipes to keep you cooking and eating well!

QUICK & EASY TUNA SALAD

CLEAN CRANBERRY SALSA

SALMON GYRO

FETA & BASIL CHICKEN WITH QUINOA

GREEN BEAN, FETA, & MINT SALAD



DESK ERGONOMICS

Whether you are working at home or at the office, ergonomics is important to your health. Minor adjustments to existing furniture often make a big impact. **CHECK OUT THESE TIPS** from Environmental Health & Safety on staying comfortable and injury-free at your desk.