

This quarter, **UHA's Wellness team** is focusing on healthy **nutrition** habits. A healthy office environment is key to eating well, so we're starting you off with organic, locally grown fruit deliveries.

In May and June, you'll receive fruit basket deliveries to your office courtesy of the **UHA Provider Wellness Committee & Freshness Farms** every other week! We hope your entire office enjoys the deliveries and that it also helps you add more fruit and vegetables into your daily diet.

We **heard your comments** in recent surveys that healthy food is important to you.

Check out the Provider Wellness section of myuha.org for more tips on how you can optimize your diet, as well as archived tips on other wellness topics.

Be well,

Rachel Seaman, MD & Andrea Hausel, MPH, RD
University Healthcare Alliance Wellness Committee Chairs
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