The toll of office treats

Make the healthy choice for yourself and your coworkers.

Donut from the breakroom = 255 calories

2 pieces of candy from a coworker = 84 calories

Cookie from a lunch meeting = 196 calories

You just had 535 EXTRA CALORIES at work today.

Learn more healthy habits at sanfordhealthplan.com/wellness.

SANFORD HEALTH PLAN

753-367-298 12/21