

Welcome to
Better Health

A Weekly Update
for Asante Employees

Every patient,
every day, every time.

ASANTE® News

ASANTE ASHLAND COMMUNITY HOSPITAL | ASANTE PHYSICIAN PARTNERS | ASANTE ROGUE REGIONAL MEDICAL CENTER | ASANTE THREE RIVERS MEDICAL CENTER

Focus on Nutrition Throughout March

Asante employees are encouraged to visit the Rambling Rogue Café at Asante Rogue Regional each Wednesday in March for healthy meals and the opportunity to talk with registered dietitian nutritionists about nutrition and health. The dietitians will be available from 11 a.m. to 1 p.m. in the dining room.



The month-long series – which aligns with National Nutrition Month – also features presentations about healthy eating, quizzes and weekly drawings. The national observation focuses on consuming fewer calories, making informed food choices and getting daily exercise. Following those steps should help people achieve and maintain their healthy weight, reduce chronic disease and promote overall health.

Topics of the weekly presentations are “How to Build a Healthy Plate” (Wednesday, March 4), “Mindful Eating” (Wednesday, March 11), “Eating Right with Less Salt” (Wednesday, March 18), and “Eating Right for Healthy Weight” (Wednesday, March 25).

Asante News is published every Tuesday. Deadline for submission of articles is every Friday. Send via e-mail to asantenews@asante.org.
Question or suggestions: Call Communications and Marketing at (541) 789-3510 or extension 13510.