



Savor the Flavor!

March is National Nutrition Month® and this year's theme from the Academy of Nutrition and Dietetics is *Savor the Flavor of Eating Right*. This month is perfect for returning to healthy habits, and realizing how, when and why we eat is just as important as what we eat.

And what better way to start than by trying new and healthy recipes! Celebrate with these two great recipes – trust us, your taste buds will thank you! [Peruvian Chicken Soup](#) and [African Fruit Compote](#)

March Madness of a Different Kind

No, Mary's Center isn't competing in the NCAA tournament! March Madness isn't just about basketball anymore. For our Mary's Center Teen Program it's also **college acceptance season!**

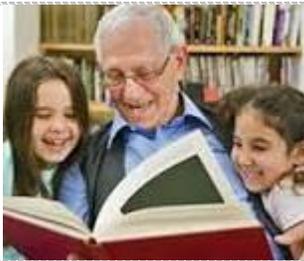
The participants in our Teen Program are receiving amazing news from great schools. For the past 2 years the program has had a college acceptance rate of 100%. [This bracket highlights some of the schools our teens have applied and been accepted to so far.](#) See if you spot *your* alma mater on our bracket!





Pop Quiz: What do your gym membership & Netflix subscription have in common?

For the same costs of these monthly necessities, through Mary's Center's monthly giving program, you can make a meaningful impact on your community. Learn more about our new [Champions Monthly Giving Program](#).



What Will YOUR Legacy Be?

Our new [Legacy Society](#) is comprised of donors who have made a planned gift to Mary's Center. Please consider leaving a legacy to help sustain our life-changing programs for generations to come.



Appointments Made Easy

Now making appointments at Mary's Center has gotten even easier. Just call **1-844-79-MARYS (62797)** to make your medical or dental appointment today. Our appointment line is **available 24 hours a day, 7 days a week**. [Click here to make an appointment](#).

