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## RBA to host info sessions on Eat Well, Live Well

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The Rochester Business Alliance, in launching a new corporate challenge for its nationally recognized "Eat Well, Live Well" wellness campaign, will hold two information sessions for interested businesses.

The sessions will be 8:30 a.m. to 9:30 a.m. Monday and 8:30 a.m. to 9:30 a.m. Jan. 13, at the RBA headquarters, 150 State St.

There is no charge for the sessions and free parking is available in the building lot, but registration is required. Contact Colleen DiMartino at (585) 256-4627 or send e-mail to [colleen.dimartino@rballiance.com](mailto:colleen.dimartino@rballiance.com).

"Eat Well, Live Well" is an eight-week challenge that emphasizes healthy food choices and physical activity. More than 300 local businesses have already taken part in what has become the largest community wellness program in the nation.