

This month in the cafés:

MARCH 2023

sunday	monday	tuesday	wednesday	thursday	friday	saturday
			Natl. Nutr. Mo. 1 A Season of Change MZ	2	3	4
5	6	7	Natl. Nutr. Mo. 8 Food & Mood MB	9	10	11
12	13	14	Natl. Nutr. Mo. 15 Eat well. Feel well. Enjoy the glow PH	16	St. Patrick's Day 17 PH MB MZ	18
19	20	21	Natl. Nutr. Mo 22 Our Future Table PH	23	24	25
26	27	March Madness 28 PH MB MZ	29	Cesar Chavez Day 30 PH	31	

March news:

All month: **NAT'L NUTRITION MONTH.**
Join us in the café each week. Learn about using nutrition to better your future self



March 22 - 31: **RAMADAN** ~ UCSF Fresh will be selling delicious dates

Campus Key:

-  Happening at **Parnassus Heights**
-  Happening at **Mission Bay**
-  Happening at **Mount Zion**

More:



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