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Prevea Pints & Pointers: Skipping breakfast is never good

Tuesday, March 3

Green Bay – Prevea Health will host *Prevea Pints & Pointers: Skipping breakfast is never good* on Tuesday, March 3 at **Badger State Brewing Company** in Green Bay to help runners prepare for the Cellcom Green Bay Marathon.

Prevea Registered Dietitian Nutritionist and fellow marathon runner, Deb Guenterberg, will teach participants new ways to fuel their bodies. She will provide a demonstration on how to prepare simple, healthy breakfast meals that work best for long-distance running.

Prevea Pints & Pointers: Skipping breakfast is never good

- 6 to 7 p.m.
- Tuesday, March 3
- Badger State Brewing Company, 990 Tony Canadeo Run, Green Bay

[Prevea Pints & Pointers](#) is a free educational series with expert speakers offering tips and answering questions about running and preparing for the Cellcom Green Bay Marathon. Events take place at Badger State Brewing Company so participants can relax, enjoy refreshments, mingle and learn from fellow runners. All abilities are welcome – from first time half marathoners to veteran marathoners.

For more information about Prevea Pints & Pointers, as well as other Prevea Health resources that will help prepare participants for Cellcom Green Bay Marathon events, visit: www.prevea.com/cellcom

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About Prevea Health

Founded in Green Bay, Wis. in 1996, Prevea Health is a health care organization that provides high-quality, primary and specialty health care in 80+ locations across Northern, Eastern and Western Wisconsin in clinic and hospital settings. It is partnered with six Hospital Sisters Health System (HSHS) hospitals across Wisconsin to provide patients a system of highly-coordinated care, close to home: HSHS St. Vincent Hospital and HSHS St. Mary's Hospital Medical Center in Green Bay; HSHS St. Nicholas Hospital in Sheboygan; HSHS St. Clare

Memorial Hospital in Oconto Falls; HSHS Sacred Heart Hospital in Eau Claire; and HSHS St. Joseph's Hospital in Chippewa Falls. For more information, visit www.prevea.com.

About Cellcom Green Bay Marathon

The 21st annual Cellcom Green Bay Marathon will take place May 16-17, 2020. Over the past 20 years, the race has generated over \$1.5 million in proceeds for local charities. For more information, visit www.cellcomgreenbaymarathon.com.