



Wellness Seminars

Real Food on a Real Budget: How to Save Money by Eating Healthy

Wednesday, March 10, 2021

3:00pm - 4:00pm PST

The benefits of eating a healthy diet are well-known and aplenty, including improved heart health, reduced cancer risk, better mood, improved gut health, and improved memory. But, is it really possible to eat healthy if you're on a budget? Absolutely! Despite the myth, eating healthful, wholesome foods doesn't need to cost a fortune in time or money. This webinar explores practical strategies for eating better so you can reap the health benefits without breaking the bank.

We have 100 seats available, so register today!

[Register Here](#)