



Wellness Seminars

Understanding Sugar, Carbohydrates & Their Effects on the Body

Wednesday, November 10, 2021

3:00pm - 4:00pm PST

Join us for the webinar **Understanding Sugar, Carbohydrates & Their Effects on the Body!** Carbohydrates sure do get a bad rap, don't they? I'm sure we have all heard different rumors about carbohydrates. This presentation breaks down carbohydrates, their essential functions, types of carbohydrate, including sugar, and their effects on the body. Join us to learn how to make better carbohydrate choices!

We have 500 seats available, so register today!

[Register Here](#)