

Please Join Us in Celebrating Good Health!

SOLUTIONS FOR HEART HEALTH

A Nutrition Awareness Webinar

February 28th

2:00p.m. – 3:00p.m. ET

Learn about...

- How to manage and/or prevent diabetes and heart disease through simple strategies
- Risk factors that CAN or CANNOT be changed
- Biometrics – knowing your numbers and what they mean
- Lifestyle changes for optimal health and disease prevention!

**[CLICK HERE OR SCAN THE
QR CODE TO REGISTER](#)**



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