



**Please Join Us in Celebrating Good Health!**

## **NUTRITION AWARENESS WEBINAR**

# **EAT LIKE A CENTENARIAN: NUTRITION FOR LONGEVITY**

**NOVEMBER 20<sup>TH</sup>**

**12:00PM – 12:30PM ET**

### **Learn about...**

- Common lifestyle trends among Centenarians
- Health benefits of eating for longevity
- Health risks of popular diets and how to take a healthier, long-term lifestyle approach

**Click Here to Register**

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