



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

## **NUTRITION AWARENESS WEBINAR**

# **DITCH THE DIETS**

**JULY 24<sup>TH</sup>**

**12:00PM – 1:00PM ET**

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

- The truth about diets and stopping the Diet Cycle
- How to identify a FAD diet
- Health risks of popular diets and how to take a healthier, long-term lifestyle approach

**CLICK HERE TO REGISTER**

To test the software prior to this webinar, go to: <https://zoom.us/test>

