



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

## **NUTRITION AWARENESS WEBINAR**

# **SALT & SUGAR: WHAT YOU NEED TO KNOW**

**FEBRUARY 12, 2026**

**12:00PM – 1:00PM ET**

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

- The different forms of sugar and sodium
- How sugar and sodium can affect overall health
- How to shop for reduced-sugar and lower-salt products

**[Click Here to Register](#)**

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