

Eating Right for Life

Date: 3/13/2024

Time: 12:30PM to 1:30PM CST

If donuts for breakfast, candy bars for lunch, and constantly making impulse decisions while eating on the run sounds familiar, then this is the class for you! Participants in this seminar will learn the benefits of nutrition, including the importance of making informed food choices to develop and maintain sound eating habits. Expect to leave this interactive session understanding what your body needs for optimal health and the key nutritional guidelines to follow.

Our information, services and support programs are here for you with 24/7 access to help when you need it.





Help can be a call or click away!

1.833.539.7285

Register for this event at: sowi.mylifeexpert.com

OR

Scan Here to Download:





When creating a new account, use company code: **SOWI**