

# Eating Right for Life Workshop-

## Presented by Acentra



### Session Description:

If donuts for breakfast, candy bars for lunch, and constantly making impulse decisions while eating on the run sound 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.

Date: 6/12/2024

Time: 12:30pm

[Click Here to Attend](#)