



Take a convenient webinar.

Weight Management and Nutrition Lifestyle

8/21: Eat Well, Live Well

8/28: Smart Grocery Shopping and Label Reading

9/4: Managing Your Weight

9/11: Preparing Healthy Meals and Dining Out

9/18: Fitness Your Way

Time: 3-4pm PDT

Click [here](#) to register or scan the QR Code.

Registration is now available and will remain open through the end of the event.

For support, click [here](#).



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