

web series 4

SWEET + SALTY CRAVINGS

WITH LAUREN CHAVES RD, LDN

LEARN WHAT TO SUBSTITUTE
AND HOW TO CURB THOSE
CRAVINGS

THE DETAILS
THURSDAY, SEPTEMBER 22 | 7PM CST

VIA WEBINAR

<https://zoom.us/j/234905530>

CHECK OUT OUR EVENTS CALENDAR
FOR MORE INFORMATION
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