

HABIT CHANGERS 2022

SUGAR & CARB FACTS INSULIN & DIABETES

TOPICS

- Facts on Sugar and Carbs
- Insulin and Diabetes
- Glycemic Index on Complete Shakes, Bars
- Labels on packaging (low sugar per serving is 6 gram of less)



NOV 02, 2022

9AM CST/10AM EST

6PM CST/7PM EST

ZOOM ID 847-985-1200



JOIN US The 1st Wednesday of every Month

**Valerie Sayre, RD, LDN, R.Ph.T., IMD, Medical Exercise Specialist
& Reiki Master**

Marilyn Wright , Wellness Advisor & Jodi Kindle, Health Coach

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