

HABIT CHANGERS 2022

HEALTH LITERACY QUIZ



TOPICS

- Q&A Top10 MUST Knows/Myths
- Skin facts & study: Bonus with other inside studies
- Health Literacy Quiz Engagement

OCT 05, 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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