Navigating Diets, Supplements, and Women's Health in a Confusing World

Wednesday, March 13th
12:10 - 1:00pm CST

With so much information on health, it's hard to know what is true. This session will cover the keys to a healthy and balanced diet, discuss when and how to use supplements, and explore wellness tips for women. We'll cut through the confusion of trendy diets and focus on science-backed advice for sustainable nutrition. We will discuss whether medications that facilitate weight loss work for long-term wellness. Join us to learn simple, effective ways to enhance your well-being and embrace a balanced lifestyle.

Priscilla Brenes
MPH, Ph.D
Extension Assistant Professor, State Extension Specialist
Department of Food, Nutrition Dietetics, and Health

Register online at bit.ly/47WAPoN or by scanning the QR Code