

You're Invited to a Wellness Webinar!

March Topic: Intermittent Fasting & Other Nutrition Hot Topics

Intermittent Fasting has taken the diet world by storm, but what does the science actually say? Come learn about the pros and cons behind intermittent fasting and ways to pursue individualized and balanced nutrition with evidenced based practices.



Space is
limited!

Sign-up today!

Date: March 20, 2024

Time: 12:00 p.m. – 12:45 p.m.
Pacific Time

Location: Online
Webinar/Teleconference

RSVP:

https://centene.zoom.us/webinar/register/WN_hBHNiDn9Si-yK8ZRWo5w7A

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