



Lori Morell from
ParkerLife Presents...

Sugar!

Sugar: How sweet it is!

Lori will explain the sugar math for daily consumption, ADA recommendations, the health risks associated with ingestion of too much sugar, added sugars in foods that disguise themselves as other products. Learn how to reduce sugar consumption and it's long term effect on your health.

Tuesday, August 11 – 11:00am – via Zoom

Zoom ID NUMBER: 843 8322 0761

**If you do not have a computer, you can call
This number 646-558-8656 and put in the above Zoom ID
Number and listen to the presentation.**