



Weight & Wellness

April 25, 11 a.m.-1 p.m.

Preeti Bansal Kshirsagar, RD

Learn key concepts in understanding the relationship between food and optimal health, including:

- The role of certain macro-nutrients, chronic inflammation and phytonutrients in weight management
- The benefits of fiber in weight management
- How food timing relates to weight and health
- How to improve your gut microbiome with nutrition



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\$65 with

Farm-fresh lunch included

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