

Food Labels 101

How to be a savvy consumer and navigate through the misleading advertising of the processed food industry.

TUESDAY, MARCH 19
12-12:30PM
ZOOM

Do you think the food industry has your back? Spoiler alert, the answer is NO!

In this 30-minute webinar, Health Coach Linda Rosenthal will guide you through the most important elements of the FDA Food Label with an emphasis on how you can best protect your health by knowing what you are putting in your body.

**To Register: Click here
Or scan QR code below**

