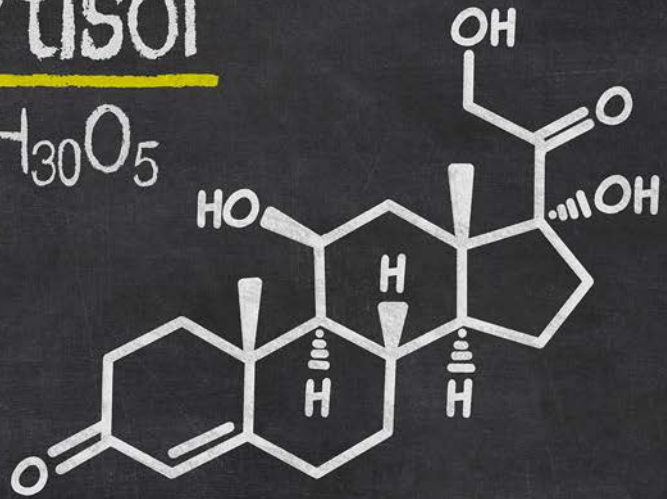


Cortisol



The Cortisol Connection

What a Healthy diet really means and the effects that sugar, stress, and sleep have on our choices and weight gain.

Instructed by: Lauren McNeil, MS, RD, LDN

Friday, August 17 | 12 - 12:45pm
Transit Fleet | Conference Room

Open to employees and adult health plan members!

Register at www.manateeyourchoice.com/register
(select "Cortisol Connection..." in the dropdown menu or use the search bar)



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