

You're Invited to a Wellness Webinar!

June Topic: Nutrition Tips to Increase Metabolism

Want to lose weight without starving and being consumed by cravings? You can rev up your metabolism by making simple changes to the foods you eat every day. Specific nutrition and lifestyle strategies can promote an active metabolism, while helping to overcome barriers to losing excess pounds and maintaining a healthy weight. Get back on track with real food to shed those pounds and regain your energy.



Space is
limited!

Sign-up today!

Date: Wednesday, June 15,
2022

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

Location: Online
Webinar/Teleconference

RSVP:

https://centene.zoom.us/webinar/register/WN_sMOFuBFiQvmdR-jyj5K3iw

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