



# SUPERFOODS

Health Webinar

**Join us to learn more:**

Want “Super” Powers?

- Focus on food first
- Get enough essential nutrients
- Strike a balance

**DATE**

**October 30<sup>th</sup> 2020**

**TIME**

**2:00 PM**

To Register:

[https://virginpulse.zoom.us/webinar/register/WN\\_QMOUsovXR7G1yrvuVcojhA](https://virginpulse.zoom.us/webinar/register/WN_QMOUsovXR7G1yrvuVcojhA)



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