



Fats and Fiber 101

Rachel Lendner explains why fats and fiber matter—and how choosing the right foods can optimize heart health.

Fats and Fiber 101
Wednesday, March 11
12 p.m. - 1 p.m.

Register Now

Space is limited.

Questions?

Member Services Has the Answers. Call 1-800-414-SHBP (7427).

