

Organic Foods and GMOs – A Webinar



**All natural. Organic.
Non-GMO.
Labels can be confusing.**

Do labels saying foods are organic or non-GMO guarantee that they are healthy? And even if they are healthier, are they worth the extra money?

Horizon BCBSNJ's health educator will explain how you can make educated decisions while food shopping. The webinar, *Organic Foods and GMOs*, will provide tips on how to eat healthy and stay well.

Organic Foods and GMOs

Date: Friday, June 26

Time: 12 p.m. - 1 p.m.

Register Now

Space is limited