



Understanding Fad Diets

January is all about new beginnings and new year resolutions. Learn the pros and cons of the various fad dieting trends with us and explore the differences between different eating habits. We will explain the components of a well-balanced diet so you can start your year off to a healthy start.

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Monday, January 31

3 p.m. - 4 p.m.

[Register Now](#)

Space is limited.



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