

Wellness Webinar: Nutrition Fads and Fiction



Commercials promote “miracle” products, friends claim “amazing” results – what should you believe?

Nutrition news often seems to be changing. One study contradicts the next – and advertisements promote miracle foods and products that promise weight loss and better health. What’s the truth? In this webinar, Horizon Blue Cross Blue Shield of New Jersey’s health educator will discuss the nutrition science, as well as how to analyze media messages and spot fraudulent nutrition claims.

[Register now for this webinar.](#)

This webinar series is specifically designed for our corporate group members, so we require that participants register with a corporate email address. Once we receive your registration, you will receive a confirmation email with instructions on how to join the webinar. Space is limited.

If you are not able to access the registration link above, please copy and paste this address into your browser:

<https://horizon.webex.com/horizon/onstage/g.php?MTID=e0c747aa4ce9ab1958a52abce141fd80f>

**Horizon BCBSNJ
Wellness Webinar**

**Nutrition Fads
and Fiction**

**March 13, 2019
12 p.m., Eastern Time**

Our Wellness Webinars are for general informational purposes. Horizon BCBSNJ wants to help you get the information you need to manage your health. Talk with your doctor about specific questions you may have about your health and before starting any new diet or exercise program.

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