

WHAT'S WHAT

SUGAR

Join us for a **FREE 30-minute Zoom webinar**
Wednesday October 28th 11:00 - 11:30 AM

- Learn about how sugar consumption affects your health
- Find out how sugar is hidden in processed foods
- Brainstorm helpful tips on how to minimize your sugar intake
- Q&A with Fitness Center staff

RSVP for Zoom link and
passcode to:
fitnesscenter@getty.edu



Presented by: Lisa Zeigel Program Manager
and Karl Sadek, Health Fitness Specialist at the Getty Fitness Center