



Demystifying Common Diets and Weight Loss Gimmicks

Victoria Peck-Gray educates attendees on the dangers of some diet trends and what diet tips actually work. You'll become more knowledgeable consumers in a market filled with diet misinformation.

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Tuesday, October 15

1 p.m. - 2 p.m.

[Register Now](#)

Space is limited.

Questions?

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

