



Mastering Your Metabolism

Health Educator Rachel Lendner will cover myths, facts, and tips related to boosting your metabolism and discuss the role of your thyroid in this process.

Mastering Your Metabolism
Wednesday, April 10
12 p.m. - 1 p.m.

Register Now

Space is limited.

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

