



# The Scoop on Supplements

Ever wonder if supplements can make you healthier? Our health educator will help you determine whether supplements work, are more harmful, or are just a waste of money.

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Wednesday, July 13

12 p.m. - 1 p.m.

[Register Now](#)

Space is limited.

### Questions?

Horizon Health Guide has the Answers. Call 1-800-414-SHBP (7427).

