

# WEBINAR

## FOOD LABELS EXPOSED: DECODE THE MARKETING, EAT SMARTER

“Natural”  
“Whole Grain”  
“Zero Sugar”  
“High Protein”

What do these really mean?



WEDNESDAY,  
JUNE 24TH  
12:00 PM - 12:30 PM  
EST

Join this **Kapnick Strive** webinar to learn how to read food labels and navigate misleading packaging to make informed nutrition choices.

**SCAN TO REGISTER**  
OR VISIT [INFO.KAPNICK.COM/STRIVE-MONTHLY-WEBINARS](https://info.kapnick.com/strive-monthly-webinars)

