

WEBINAR

CAFFEINE CLARITY: THE TRUTH ABOUT YOUR DAILY BUZZ

Is caffeine helping or harming your health?

How much caffeine should you consume?
And from what sources?



WEDNESDAY,
SEPTEMBER 30TH
12:00 PM - 12:30 PM
EST

Join this **Kapnick Strive** webinar to learn how caffeine affects your brain, sleep, mood, and more—across sources like coffee, tea, energy drinks, and supplements.

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

