

HP Living Well Community/ MMHG Wellness Webinar

But First, Coffee: The Science Behind Your Morning Drink



September 30, 2026

1-1:30 p.m

Attend this FREE webinar from your computer, tablet, or smartphone!

Coffee is one of the most studied beverages in the world, yet myths and misconceptions abound. This session dives into the science of caffeine, separates coffee fact from fiction, explores its surprising health benefits, and shares some delicious coffee-inspired recipes to try at home.

No need to register in advance.

Classes are open to everyone at no charge. Access classes at [this link](https://www.harvardpilgrim.org/public/living-well/health-and-wellness-webinars) or <https://www.harvardpilgrim.org/public/living-well/health-and-wellness-webinars>

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