

MMHG Wellness and Savory Living Present
Webinar: Weight Loss Done Smarter
Wednesday, March 18th
1p.m. - 1:30p.m.

Ready to improve energy, focus and feel GREAT?
Participate in the live webinar for a chance to win
one of two \$25 gift cards!

In this live webinar Sue Levy from **Savory Living** will share how you can activate the power of "food-as-medicine" to help with key topics that impact weight loss.

- Discover how metabolism, hormones, and macro balance drive weight loss with or without GLP-1s.
- Learn about a healthy eating & cooking behavior change program that's FREE to MMHG members!

[Register HERE](#)

