

MMHG Wellness Presents:

Webinar– Seafood 101



**Monday, August 8th
12pm-12:30am**

For more than 100 years, people have referred to seafood as "brain food" without really knowing the science behind it. Now we know, seafood is really good for your brain and your health! Find out the health benefits of seafood, ways to include seafood in your diet, and the best choices for safe and sustainable seafood.

No need to register in advance. Join the virtual workshop by clicking on the following link at the scheduled time (8/8/2022, 12:00 p.m.)

<https://us02web.zoom.us/j/81851965379>

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