Seminars

Source4Women™ offers seminars covering the health topics that are important to you and your family, at no additional cost to you.

Our seminars are fully interactive and feature expert speakers in health, wellness and nutrition. Best of all, you may e-mail our speakers with your questions during the presentation and they will respond during a question and answer session.

Simple swaps to improve your health and wellness

Kathleen Zelman, MPH, RD

October 14, 2014, 12:30 p.m. ET, 11:30 a.m. CT

Start living healthier one simple swap at a time. Habits are hard to break and those bad habits can undermine your health and wellness. Simple swaps, small changes, smart decisions and better choices may add up to a healthier life and smaller waistline. The secret to successful weight loss is not feeling deprived or even thinking about dieting. Join us for this seminar to see how easy it is to make simple swaps, cut calories and still satisfy cravings. These inexpensive and quick swaps may add up to weight loss that is so simple, you’ll never go back to your old ways.

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