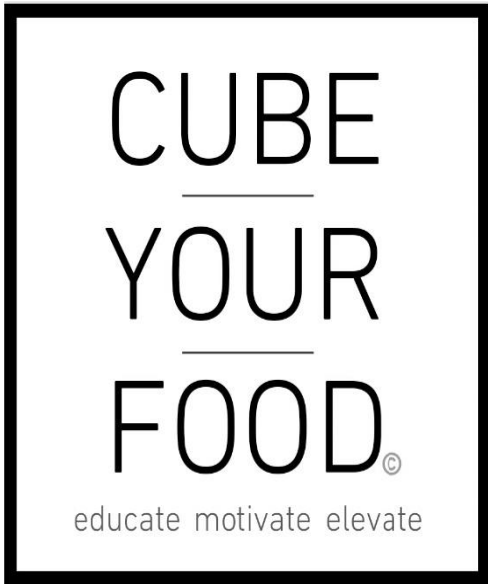


“SUGAR SAVVY” PRESENTATION



When: **Wednesday, January 31st at 7:00 p.m.**

Where: St. Gregory the Great Library

Bring your children! Mr. Carbone will organize a healthy active session in the gym while parents attend the presentation.

Do you know how much added sugar your children are consuming daily? Chances are your children are eating and drinking more sugar than they should be. Too much sugar not only is a non-nutritious source of calories, but it also affects your bio-chemistry disrupting hormones (insulin), brain chemistry (cravings) and behaviour.

SGG will be hosting **Brett Mitsubata, Health and Wellness Speaker** who is passionate about teaching parents and kids how to stay mentally and physically healthy by reducing the amount of sugar in their diets. His presentation will change the way you think about food, how you purchase it, and consume it.

Don't miss this insightful presentation!



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