



GET WITH THE GUIDELINES

by Greta Faust, WellPath Coach

Thursday, February 25, 2021
11:30AM – 12:30PM

What's new in the Dietary Guidelines for Americans?

Join WellPath Coach, Greta Faust, for a review of the 2020-25 *Dietary Guidelines for Americans* and discuss some of the changes. The "Guidelines" represents the consensus of opinion of experts who review the research over 5-years and makes recommendations to a committee. The Committee holds professional review sessions and then publishes the changes which are the "guidelines" for the next 5 years. The Guidelines are a good source for ideas for your next *Streak* (for those participating in *The Streak Challenge*).

[Register TODAY!](#)

