



**Please Join Us in Celebrating Good Health!**

# **EATING FOR ENERGY**

A Nutrition Awareness Webinar

**June 2, 2026**

**12:00p.m. – 1:00p.m. ET**

## **Learn about...**

- Eat for increased energy throughout the day
- Select smart snacks
- Make better breakfast choices

## **Prepare quick, healthy snacks**

**Participants in the live webinar will be entered in a raffle to win a \$50 Stop and Shop gift card!**

**[CLICK HERE TO REGISTER](#)**

To test the software prior to this webinar, go to: <https://zoom.us/test>



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101 Huntington Avenue, Suite 1300, Boston, MA 02199-7611 | 1-800-262-BLUE (2583)

