

COMMUNITY CONVERSATIONS:

SWEET FIRE



Sugar has become a mainstay in most of the foods we eat today, but what effect does it have on our bodies? Join Mary Toscano, Bauman College Graduate and author of *Sweet Fire: Sugar, Diabetes, & Your Health*, in her highly visual talk about sugar and its impact on our lives. Come learn about how much sugar we are eating, how our bodies process sugar, and what happens when we eat too much. Walk away with simple tools that will have a huge impact on your life.

This is a FREE Event!

Location: 3912 Portola Drive, Ste. 10, Santa Cruz

Date: Wednesday, February 18, 6-7 pm

Please RSVP at:

www.baumancollege.org