

Somerville Council on Aging

The Sweet Truth about Sugar and Your Body

Thursday, May 19, 2022
10:30am-11:30am
Holland Street Senior Center



The average American consumes 22 to 30 teaspoons of sugar each day, according to the American Heart Association. That's an extra 350 to 480 calories each day and over three times the recommended daily amount.

During our seminar on May, 19th we will discuss some of the foods and drinks each of us regularly consume and their sugar contents.

Sugar messes with your functioning from head to toe; from minor annoyances to life-threatening health conditions.

Educating yourself on the effects of sugar on your body is the first step to taking control of your sugar consumption.

A special lunch will be served after the seminar.

Please *RSVP* to *Connie* at *617 625-6600 ext. 2319*

