

# LIVING WELL WEDNESDAY

K-State Research and Extension Webinar Series

## Navigating Diets, Supplements, and Women's Health in a Confusing World

**Wednesday, March 13th  
12:10 - 1:00pm CST**



With so much information on health, it's hard to know what is true. This session will cover the keys to a healthy and balanced diet, discuss when and how to use supplements, and explore wellness tips for women. We'll cut through the confusion of trendy diets and focus on science-backed advice for sustainable nutrition. We will discuss whether medications that facilitate weight loss work for long-term wellness. Join us to learn simple, effective ways to enhance your well-being and embrace a balanced lifestyle.



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Register online at  
[bit.ly/47WAPoN](https://bit.ly/47WAPoN) or by  
scanning the QR Code



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