

Get Woke! Stay Woke!

Cascade Centers / IBEW Local 48 Presentation - **You Are What You Eat**

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Objectives

- Understanding the business and motivations of the food industry
- Discuss the nuances of why food matters and how the body utilizes the food we consume
- Review key food factors to reduce our risk of short and long-term illness
- Learn what food supports our mental and physical health
- Provide resources for connecting with our curiosity about real and clean food, and where we can find it

Session 1

Date: June 30th

Time: 4-5pm

Registration link:

<https://attendee.gotowebinar.com/register/5291584834021022221>

Session 2

Date: July 9th

Time: 4-5pm

Registration link:

<https://attendee.gotowebinar.com/register/3306119721932061197>