

Let's talk about SUGAR!

"Don't quit sugar without it!" Eve O. Schaub, author of *Year of No Sugar*

THE SWEET TOOTH DILEMMA



Sugar is
seductive,
dangerous and
hard to quit.

Here's how to
walk away.

ANDREA GRAYSON, EdD, MA

Come discuss:

- your go-to treats and how they keep you hooked
- how much is too much
- how sugar does harm in the body
- hidden and sneaky sugars
- how to minimize cravings
- secrets for a sugar-minimal lifestyle

Dr. Andrea Grayson teaches about behavior change and Public Health Communications in the Master of Public Health program in the Larner College of Medicine at the University of Vermont, and runs a program to help women quit sugar and master their minds.

