



It's not your imagination. Sugar is addictive.

Sugar sneaks its way into our daily diets and plays a major role in many health concerns, including diabetes, inflammation & mood disorders.

Together we'll explore how to reduce sugar cravings and discover simple, enjoyable ways to make healthier choices. Best of all, you'll get to sample some delicious low-sugar and no-sugar treats!

Designed especially for older adults, we will focus on practical tips for cutting back on sugar while still savoring the sweet things in life.