


21-DAY



Sugar Elimination Challenge

Get off the sugar rollercoaster and get the skills and support to live a lower sugar lifestyle. In this challenge we will focus on eliminating (or lowering) only the Added Sugars in food products, not the naturally occurring sugars in fruits and other foods. Discover healthy, low sugar alternatives to drinks, snacks and desserts.

Register Here



Also included in this challenge:

- 21-Day Sugar Tracking Journal
- Weekly 30-minute Team meetings
- Cooking Videos
- Understanding Carbohydrates
- Accountability meetings (15-minutes, optional)
- Food Label Savvy, and much more!
- Certificate of completion awarded



WEDNESDAYS

4/1, 4/8, 4/15, 4/21



TIME

12 - 12:30PM



ZOOM

For BOCC Employees Only: This YourChoice workshop earns points in the **Physical** wellbeing pillar for Manatee Thrives.

OPTIONAL SUPPORT MEETINGS:

4/3, 4/10, 4/17 12:00 p.m. – 12:15 p.m.