



### **Sugar....how we love you so but why don't you love us back?**

1. Do you find yourself craving a sweet treat around 3PM every day?
2. Will you frequently grab a candy bar or another sweet treat on your way out of the store, even though you had no intention of buying anything like that when you started shopping?
3. Do you think about cakes, cookies, fudge, and other yummys frequently throughout the day?
4. Do you look forward to dessert more than the main meal?
5. Is it your habit to always have a sweet after most meals?

If you answered yes to any of these questions, take heart. You are not alone. Sugar is pervasive in our society and one of the key ingredients in the rising obesity and illness rates. We invite you to join us at the ***“Addicted to Sugar...How to Live Without It”*** seminar. This seminar will include where sugar comes from, hidden sugars and their names, alternative snacks and drinks, overcoming cravings, natural sweeteners vs. chemical sweeteners and more.

Yes, it is possible to live your life in balance and not with constant cravings, sugar high and lows and feelings of guilt when it comes to sugar!

***This free seminar is open to all Town employees, and will be offered on Wednesday, December 11, 2013 at 5:30 p.m. in the Large First Floor Hearing Room, Town Hall. Healthy Refreshments will be served. Please contact Audrey Barresi or Ann Lee in the Board of Selectmen's office if you would like to attend.***