



# What's Wrong With Hot Cheetos?

The bane of many parents and teachers, the spicy, bright red Hot Cheeto is loved by many kids and teens. But is it even food? And is it that bad for you?

Learn about highly processed foods and how to limit consumption for better health.

## Registration is Required.

Visit [henrymayo.com/classes](https://henrymayo.com/classes) to register and for class dates and times.

For more information call 661.200.2300

## Free To The Community

Education Center at Henry Mayo Fitness and Health

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