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Nutrition and Hearing Health

Date and Time

Wednesday 6/20/2018 10:00 to 11:00am

Event URL

[Nutrition and Hearing Health](#)

Event Region

Charlottesville Area

Event Type

Forum

RSVP Info

464-974-7756

Event Cost

\$0.00

Event Description

Dr. Kristin Koch will discuss the link between nutrition and hearing health. Recent studies have confirmed that diets high in sugars and carbohydrates can negatively impact hearing health. Help safeguard your hearing by learning beneficial eating strategies and overall goals to improve health hearing. Free and open to the community. For more information, you can contact Margaret Fitch, the program coordinator at 434-974-7756.

Hearing Health with Dr. Kristin Koch, owner/audiologist at Evolution Hearing.