

WORKOUT SUPPLEMENT:

MYTHS & FACTS

SUSAN BOWERMAN

*Senior Director, Worldwide Nutrition
Education and Training at Herbalife
Nutrition*



SPEAKERS

DR. DANA RYAN

*Director, Sports Performance and
Education at Herbalife Nutrition*



MODERATORS

JOIN US!



18 NOV
WEDNESDAY



8.30 AM – **10** AM
UTC+08:00
MALAYSIA TIME



DR. RAZALI



**DR. A.
MAHENDERAN**

YouTube Live: <https://rb.gy/zkjlw>

TIME ZONES:

6.00AM Colombo & New Delhi | **6.30AM** Dhaka | **7.30AM** Jakarta & Bangkok | **8.30AM** Singapore, Perth, Beijing, Hong Kong, Manila & Taipei | **9.30AM** Seoul & Tokyo | **10.30PM** Brisbane, Melbourne & Sydney