

Howard Wilner of Sudbury, MA Wants to Create Awareness About Healthy Eating Habits

This press release is written to inform the readers that Howard Wilner of Sudbury, MA wants to create awareness about healthy eating habits.



Framingham, Nov 9, 2020 ([Issuewire.com](https://www.issuewire.com)) - The kind of life we create for ourselves depends on several factors including the kind of diet we have. Making sure that we eat right has now become more important than ever because of the impact coronavirus has had on people across the globe. **[Howard Wilner](#)** is an automotive expert based in **Sudbury, MA** who cites healthy diet to be a useful tool in this fight against COVID19.

[Howard Wilner from Sudbury, MA](#) suggests that it is high time people start avoiding consuming food items such as raw meat, raw eggs, and even raw vegetables and at the same time, has been urging people to cook their food thoroughly. Other than that, he also recommends minimizing the consumption of white sugar and increasing the intake of Vitamin-C rich food items such as gooseberries, ginger, garlic, coconut oil, oregano, basil, nuts, and seeds to boost their immunity. Notably, Howard has also extended financial help to those in need amid these testing times.

About Howard Wilner

The President of Automax Preowned and Mina Property Group, Howard Wilner is an experienced business development professional. Having received his education from the Massachusetts Bay Community College and the Boston College, Howard has been active in the automotive industry for a long time now. He has a strong command in automobile site acquisitions, automobile inventory management, negotiation, coaching, sales, and automotive repair.

Howard has also been a part of several organizations including the Charter Oak Country Club, Boston College Club, NHREIA, New England Society and Automotive News Professional Community. He also volunteered with Rotary International for three years.



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Source : Howard Wilner Sudbury, MA

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