



## **"The decision that changed my life", Marco Antonio Regil talks about veganism at Sandos Caracol**



*July 15, Playa del Carmen.*- In order to raise awareness in multiple areas of health, Sandos Foundation and Sandos Hotels and Resorts invited Marco Antonio Regil to share his life experiences with hotel employees, friends, and family, all part of a project to show the importance of healthy eating and living a healthy lifestyle.

The conference began at 2:00 pm in the main theater of Sandos Caracol, where Gerardo Núñez, nutritionist of the important program "Come with Science", began with an explanation of this project and how each food affects the body, and even detailing what is the nutritional balance that a human being requires and the way to achieve it.

The nutrition expert shared valuable information about the choice of food and its consequences both on the health of each individual and the environment.



On the other hand, Marco Antonio offered an important personal reflection on his diet and how veganism has improved his life.

In addition, he integrated his experience with real life, day to day, aspects that the community is involved in, and that captivated the audience made up of government organizations, civil associations, private companies, media, and dozens of collaborators of Sandos hotels.

Undoubtedly, at the end of the two-hour talk, all left while reflecting upon the information they had just received. Attendees were also invited to approach nutrition professionals to improve their lifestyle.

This talk was another step by the Sandos Foundation in informing people, inside and outside the hotels, through programs designed to raise awareness, share information, and educate the community.

***About Sandos Foundation***

*Sandos Foundation serves as the connecting hub between Sandos Hotels & Resorts and general society. Created to correspond to the community, as well as to the environment through actions that reduce the ecological footprint and proactively affect the social benefit.*

***About Sandos Hotels & Resorts***

*Sandos Hotels & Resorts is a leading young brand in the hotel industry that seeks to offer memorable stays to each of its guests. Today, it has a total of nine all-inclusive properties distributed among the best beach destinations in Spain and Mexico, with hotels for both families and adults looking for an unbeatable vacation.*

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