

Mediterranean Diet



It's more than just olive oil and wine!
Perfect for those with high blood pressure, high cholesterol, diabetes, depression and other health conditions. Hosted by a Registered Dietitian.

Date: Tues. July 10th 2018

Time: 1:30 to 3:00 pm

Location: Northumberland FHT

TO REGISTER

Call 289-252-2139

Email info@nfht.ca