

# 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 Clinical Dietitian.

**Date:** Tuesday, May 29th

**Time:** 1:30 to 3:00 pm

**Location:** Northumberland FHT

**TO REGISTER**

Call 289-252-2139

Email [info@nfht.ca](mailto:info@nfht.ca)