

# Mediterranean Diet

## Grocery Store Tour



You don't have to live near the Mediterranean Sea to enjoy the benefits of the diet.

Join one of our Registered Dietitians to learn how to navigate the grocery store to find the best local choices for you to start eating the Mediterranean way.

**Date:** Thurs. Oct. 18, 2018.

**Time:** 9:30 to 11:30 a.m.

**Location:** Northumberland FHT

**TO REGISTER**

Call 289-252-2139

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