

<p style="text-align: center;">LOCATION: All workshops are held at the NFHT Office at the Northumberland Mall</p>	<p style="text-align: center;">Date and Time</p>
<p>HEART HEALTHY MEDITERRANEAN DIET</p> <p>Learn about a diet that is perfect for those with high blood pressure, high cholesterol, diabetes and other health conditions.</p>	<p>Thurs. Oct. 4th 9:30am — 11:30am</p> <p>OR</p> <p>Wed. Nov. 21st 1:30pm — 3:30pm</p>
<p>HEART HEALTHY MEDITERRANEAN DIET - SUPERMARKET TOUR</p> <p>Join 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.</p>	<p>Thurs. Oct. 18th 9:30 am—11:30 am</p> <p>OR</p> <p>Wed. Dec. 5th 1:30pm—3:30 pm</p>
<p>OSTEOARTHRITIS</p> <p>Learn about osteoarthritis and things you can do to help.</p>	<p>Last Thursday Of Each Month 10:00am—11:30 am</p>
<p>QUIT SMOKING PROGRAM — Information Session</p> <p>Hear about the Smoking Cessation Program offered to NFHT Patients</p> <p>No Commitment Required!</p>	<p>Tuesdays or Wednesdays</p> <p>Call for Next Date</p>
<p>MENTAL HEALTH GROUP PROGRAMS—*NFHT Referral Required*</p> <p>Rise Up From Depression</p> <p>Anxiety Group—6 Week Program</p> <p>Sleep Workshop</p> <p>Stress Management Group</p>	<p>Contact for Dates and Times Available</p>