

Mediterranean Diet



It's more than just olive oil and wine!
Find out how you can benefit from this
style of eating and learn tips on how to eat
this way with our Registered Dietitian.

Date: Wed., October 30, 2019

Time: 1:30 pm to 3:00 pm

Location: Northumberland Family
Health Team

TO REGISTER

Call 289-252-2139

Email info@nfht.ca