



HEART HEALTH NUTRITION

Join our Registered Dietitian (RD) for this
FREE online workshop!

Monday Nov 15, 2021



6 PM - 7 PM

You will learn about:

- ✓ The Mediterranean Diet
- ✓ How different foods can help manage blood pressure and cholesterol levels
- ✓ Ways to implement small changes in your diet

Register today!

Call (905) 456-7111 (ext.2)

