

EAT THE MEDITERRANEAN WAY



The
Solutions
Group

This program is designed to encourage you to approach your food in a new way with enough flexibility to make it your own.

Through a series of four sessions led by a nutrition professional, you will learn how to apply the Mediterranean diet principles to your life, including what specific foods to add to your plate, the benefits of this diet and flavorful preparation suggestions.



Thursdays, 3:30 p.m., Starting March 9

March 9 - Mediterranean Diet 101 & Health Benefits

March 16 - Carbs, Fruits & Veggies the Med Way

March 23 - Adding Healthy Fats

March 30 - Build Protein & Add Spice



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