



WORKSHOP OFFERED BY THE UPPER CANADA FAMILY HEALTH TEAM



Have you heard of the Mediterranean Diet?



Come to this workshop to learn about the principles of this healthy lifestyle.

Due to limited space, patients must register in advance - Contact UCFHT admin staff (Deanna or Emily) at

613-382-8118 ext. 300

Receive useful information, resources, and recipes! Have your questions answered by a Registered Dietitian.

- When: Wednesday Nov. 22nd 5:30-7:30pm
Wednesday Dec. 13th 5:30-7:30pm

Dates in 2018 TBD



- Where: 25 Mill Street, Suite 101,
Gananoque in the Boardroom
- Who is this for? For patients of the Stone's Mill Health Center, St. Lawrence Medical Center, and Seeley's Bay Medical Clinic
- Why? Nutrition research shows this way of eating has significant impacts on health including:
 - ✓ longer lifespan
 - ✓ lower risk of certain cancers
 - ✓ lower risk of Diabetes
 - ✓ lower risk of Cardiovascular Disease
 - ✓ protection against Alzheimers and Parkinson's disease
 - ✓ reducing inflammation



See you at the show!!!
Carol

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