



**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. 22<sup>nd</sup> 5:30-7:30pm  
Wednesday Dec. 13<sup>th</sup> 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



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**See you at the show!!!**  
**Carol**

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