

Mediterranean Style Eating for Health

Health Management
Food, Nutrition & Cooking



SHC Wellness Centre Program Guide



Mediterranean Style Eating for Health (Demo)

Learn how to eat Mediterranean!

The Mediterranean may be far away, but the delicious and healthful foods of this style of eating are close at hand. Improve your nutrition with Mediterranean meal ideas for neurological health, cardiovascular health or general well-being. Come discover the great flavors and many health benefits! Join us from the comfort of your home for this virtual cooking demonstration.

When: Thursday, September 15 12:00pm – 1:30pm
Wednesday, October 26 12:00pm – 1:30pm
Wednesday, December 7 12:00pm – 1:30pm

Registration: <https://app.booking.ca/shcwellnesspub/index.asp>

Program Provider: SHC Registered Dietitians and the Wellness Kitchen



For more information
visit www.ahs.ca/shcwellness
or email: wellness.shc@ahs.ca