

**Hands on Nutrition Education**  
**Dietitian at Your Table In Germantown**



**Tuesday February 27, 2018 at 5-7PM**  
**Celebrating**  
**American Heart Month**  
**Let's Eat Heart Healthy in Mediterranean-Style**

**In this Hands on Nutrition Education Program We Will:**

- Choose a healthy meal within your nutrition goals
- Eat together Mediterranean-style
- Learn 'How Mediterranean' you are current eating

Join Diane the Dietitian for a healthy dinner at  
Zoe's Kitchen  
19865 Century Boulevard, Germantown, MD 20874

Call Comprehensive Primary Care at main line to register: 301-869-9776  
Cost is \$20.00 (In advance) and price of meal is not included.  
Limited to 10 participants

Meet at the restaurant, Ask for Diane.