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.