

Embracing Change. . .

WHAT'S WRONG WITH EATING RIGHT?

- Just tell me what to eat. . .
- Learn about healthy food choices from an experienced dietician



+ Plant Based Foods

+ Mediterranean Foods



+ Prebiotics

+ Probiotics

Presented by:

Leah Lebder, Registered Dietician

Community Health Services

Heritage Valley Health System

Date: Wednesday, October 24, 2018

Time: 7:00 PM – 8:30 PM

Place: Homemaker-Home Health Aide Service

376 Market Street, Beaver (next to courthouse)

Limited
Seating

Open to the General Public at no cost

Reservations 724-774-4002 or email@hmmh.org

A community service sponsored by:

