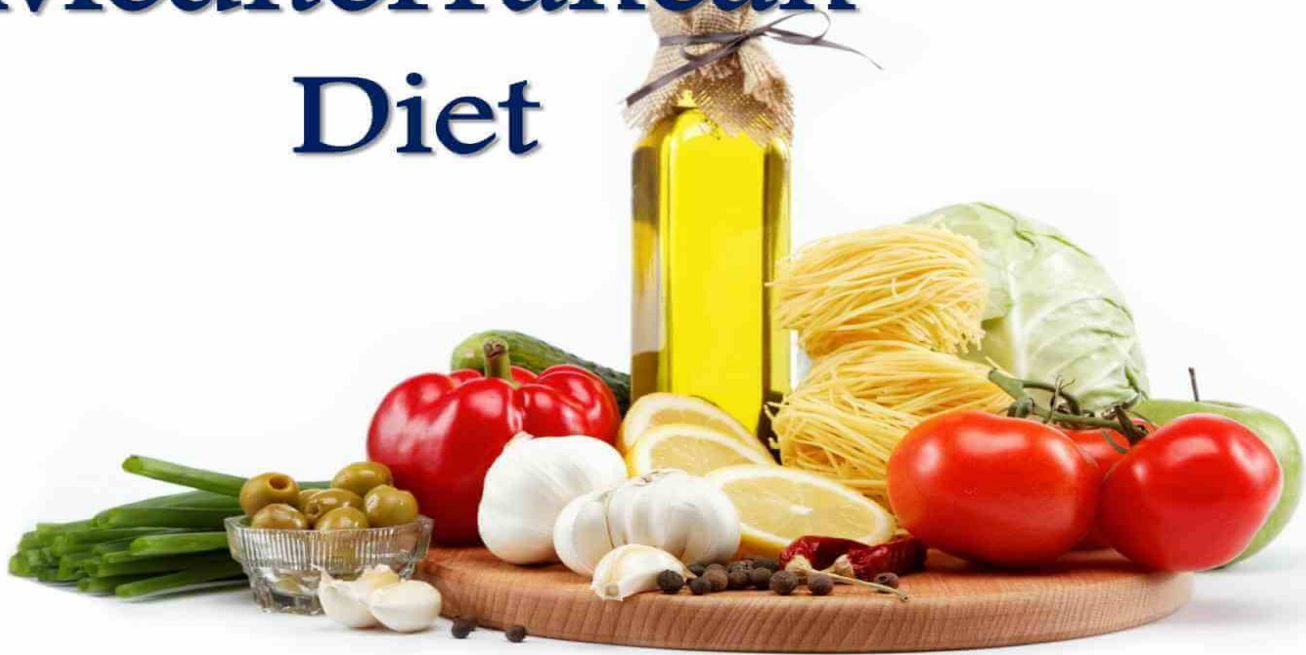


A Practical Approach to the Mediterranean Diet



Please Join us, with Humana, for a Healthy Cooking
Event Featuring Lisa Gibson, MS, RDN

Easy recipes will be prepared and tasted to help the class
implement the diet changes. All recipes are inexpensive,
easy to follow and can be made in small portions

Wednesday, March 27th 1:00 pm

Let us know you will be joining us so that we may
supply the proper amount of food for this cooking event
Shannon Peterson (949) 709-7592

Humana

Age Well[®]
Senior Services

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