

Mediterranean Diet

Tuesday • February 1st • 2:15 – 2:45 PM
CEO • Live via Zoom

The Mediterranean diet is recommended by many health professionals. Participants will leave the program with information on how to shop, cook, and follow this popular meal plan for optimal health

Please register in advance by clicking [here](#) or entering the URL below into your browser: https://cdphp.zoom.us/webinar/register/WN_LZOhMDDySViXFUuTeDkipg



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CDPHP members can earn up to 10 Life Points® for attending.

