

WANT TO IMPROVE YOUR HEALTH AND LIVE LONGER BY EATING BETTER?

Join us for a **free** four-week nutrition series and hear from specialists about which diet is right for you. Get your questions answered and treat yourself to free cooking demonstrations following each discussion.

6:00 p.m. – 7:30 p.m.
Stratford Library, Lovell Room
2203 Main Street, Stratford CT



October 3rd: **Lifestyle changes can help you live a healthier life.** Learn about popular lifestyle diets including Mediterranean, Paleo, Vegetarian and Vegan and how to successfully apply these diets for optimal health.

October 10th: **Learn what you can do to evolve your eating habits to match a medical diagnosis.** Increase your knowledge about medically-based diets including gluten-free, DASH, Diabetic Meal Planning, and learn the differences between allergies, intolerances, and sensitivities.

October 17th: **Better understand what your food labels are telling you.** Learn the true definitions of modern food industry terms including organic, natural, GMO, grass-fed, free-range and more and which ones you should pay attention to.

October 24th: **Civilizations have been using food to heal for centuries.** Gain understanding about the role curative foods play in preventing disease and restoring health.

Each session will include a cooking demo and tasting.

Space is limited; please visit <https://nutritionseries.eventbrite.com> to register for this free event.

For questions, please call Kelley at (203)385-4090

