

Mediterranean Diet Workshop

Tuesday, June 10, 1:30-2:30 pm
JCC MetroWest • Tepper Hall



It's no secret that the Mediterranean diet is good for your health. It is already recommended to reduce the risks of bowel cancer, heart disease, and dementia and now new research shows that the Mediterranean diet can also reduce symptoms of stress and anxiety.

Join Jennifer Meyers, Program Manager for the Center for Diabetes Wellness and Prevention at the RWJBarnabas Health Ambulatory Care

Center, Registered Dietitian, Board Certified in Advanced Diabetes Management and a Certified Diabetes Care and Education Specialist, and learn how the Mediterranean diet can reduce disease and support healthy aging.

RWJBarnabas
HEALTH

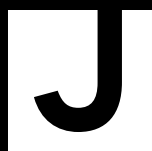
Cooperman Barnabas
Medical Center

Free to all • Registration required

**Visit jccmw.us/mediterranean-diet-wkshp25
or scan QR code to register**



For more information, contact Ellen Robertson, Wellness Director,
at erobertson@jccmetrowest.org or 973-530-3415.



MetroWest
760 Northfield Avenue
West Orange, NJ 07052
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JCC MetroWest strives to ensure access and meaningful participation by all members of the community.



Jewish Federation
of Greater MetroWest NJ

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