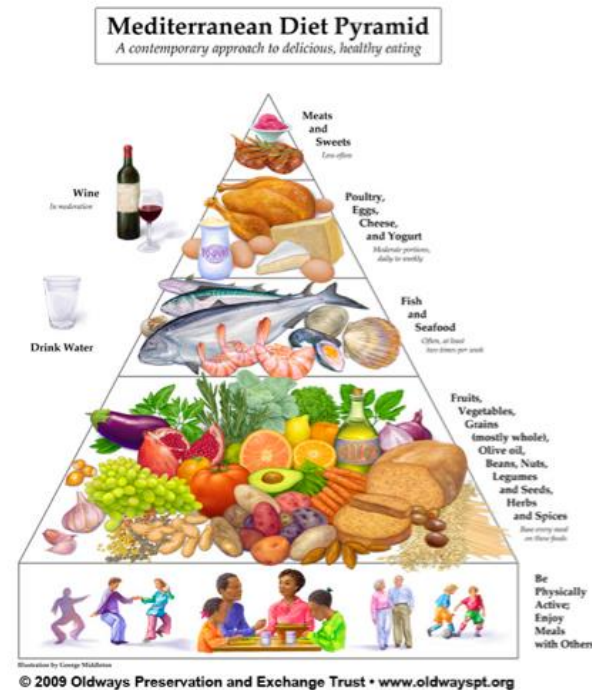
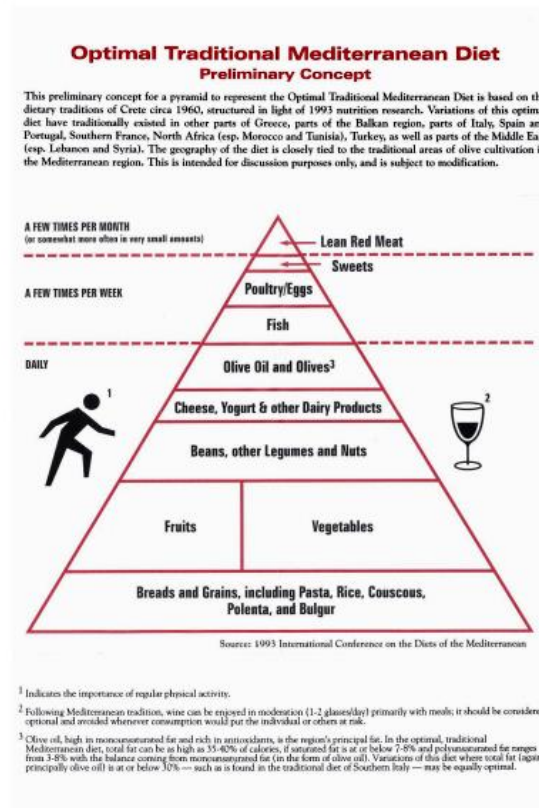


Introduction to the Mediterranean Diet: Nutrition to Nourish your Heart, Body & Mind!



Humber River Family Health Team

The Mediterranean Diet was ranked *THE BEST OVERALL* diet of 2018!



Disclaimer

Description

- *We use video and audio technology so we can see and hear each other.*
- *We recommend you be in a quiet place so that others cannot overhear the session (unless you want to include others in your visit – please tell us who is with you).*
- *Details of your attendance only will be noted in your record.*
- *We will not make an audio recording of the group program. We ask that you not record either*

Privacy

- *We have taken appropriate steps to protect your privacy for this group program (paid Zoom business account)*
- *We cannot provide you with the same guarantee of security and confidentiality as if the program were being run in-person.*
- *Our presenters who are doing the group program may be working from the clinic or from home because of the pandemic. If working from home, they will use a private space away from others*

Risks

- *It is possible there could be a problem with the technology and your session could be cut short or interrupted.*
- *The quality of the video or audio may vary depending on your own connection.*

Agreement



RESPECT

- Time (1.5 - 2.0 hours)
- Opinions/Questions/Knowledge level

CONFIDENTIALITY

- Info stays between individuals at the session
- Please share if you feel comfortable sharing
- Please put your video on mute
- All participation is welcome!

Agenda

BENEFITS



- What is the Mediterranean Diet?
- Benefits of the Mediterranean diet
- Healthy Plate Model & Portion Sizes
- Healthy vs. Unhealthy Sources of Fat
- Sodium
- How to Read Labels
 - Focus on: Fat, Salt & Sugar Content
- Questions & Feedback



Nutrition Facts		
Amount Per Serving		
	Calories 350	% Daily Value*
Total Fat	12g	18%
Saturated Fat	3g	15%
Trans Fat	3g	10%
Cholesterol	30mg	20%
Sodium	470mg	10%
Potassium	700mg	10%
Fiber	31g	0%



RATE YOUR MED DIET SCORE

with Oldways and the Mediterranean Foods Alliance

Scientific studies show that people who follow the Med Diet enjoy better health than those who don't. Find out your Med Diet Score today, by giving yourself one point for each yes below, and zero for each no.

I eat....		If Yes, score 1	If No, score 0
Vegetables	Two or more cups of vegetables a day		
Fruit	Two or more pieces of fruit a day		
Whole grains	2 or more whole grains a day		
Wine	½ to 1 drink a day for women, 1 to 2 for men (but no more)		
Fish	Fish 2 or more times a week		
Legumes / beans	2 or more servings a week		
Nuts / Seeds	A handful of nuts most days		
Fat	Lots of olive oil and few other fats		
Red or Processed Meat	2 servings or fewer a week		
Your Total Med Diet Score			

If your score is...

8-9 Long life! Your eating habits follow the Med Diet very closely.

6-7 You're doing well. What would help you to add another point or two?

What is the Mediterranean Diet?

- Healthy way to eat and live.
- Based on traditional foods from countries that surround the Mediterranean Sea.
- Enjoy it with foods available in your local grocery store!!





Benefits of the Mediterranean Diet

- Studied for many years and has been found to have many health benefits.

**We will share some of this research
with you today!**

The PREDIMED Study

- Primary **P**revention of Cardiovascular **D**isease with a **M**editerranean **D**iet
- Released in 2013
- Followed nearly **7,500 people**
- **1st** large-scale study of the Mediterranean diet.

PREDIMED

- Participants were assigned to 1 of 3 diets:
 1. Mediterranean diet with 4 tablespoons olive oil daily
 2. Mediterranean diet with 1 oz nuts daily
 3. A low-fat diet

Results?

- After nearly **5 years**, the participants that most closely following a *Mediterranean diet* had ...

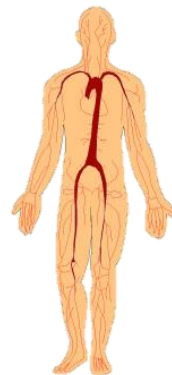
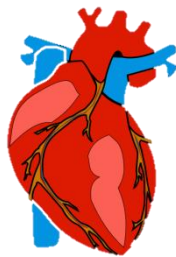


30% lower risk for heart disease and a significantly lower risk of stroke.

Since the PREDIMED study...

- Researchers have continued to study the Mediterranean way of eating and have found *many more health benefits.*

We have separated these benefits into
HEART, BODY & MIND!



Benefits of the Mediterranean Diet

HEART:

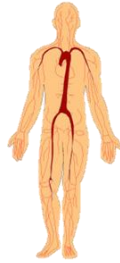


- ↓ Blood Pressure
- ↓ Total cholesterol
- ↑ HDL (Healthy Cholesterol)
- ↓ Triglycerides (Storage form of fat)

- Lower your risk of heart disease and high blood pressure

Benefits of the Mediterranean Diet

BODY:



- Lower your risk of certain cancers and chronic diseases
- Prevent diabetes; manage blood sugar
- Longer life and healthy aging
- Reduce inflammation



Benefits of the Mediterranean Diet

MIND/BRAIN:



- Protect against Alzheimers and Parkinson's disease
 - 36 percent lower risk of developing Alzheimer's disease¹
 - 27 percent lower risk of developing mild cognitive impairment or pre-dementia²
- Delay brain aging by up to 10 years!³

Share
Your

Thoughts





8 Steps to Adopting the Mediterranean pattern of eating

What is the Mediterranean diet?

- A mostly plant-based diet rich in antioxidants and phytochemicals
- A dietary pattern



Step 1: Eat lots of Vegetables

Can you fill half your plate with them at lunch and dinner?



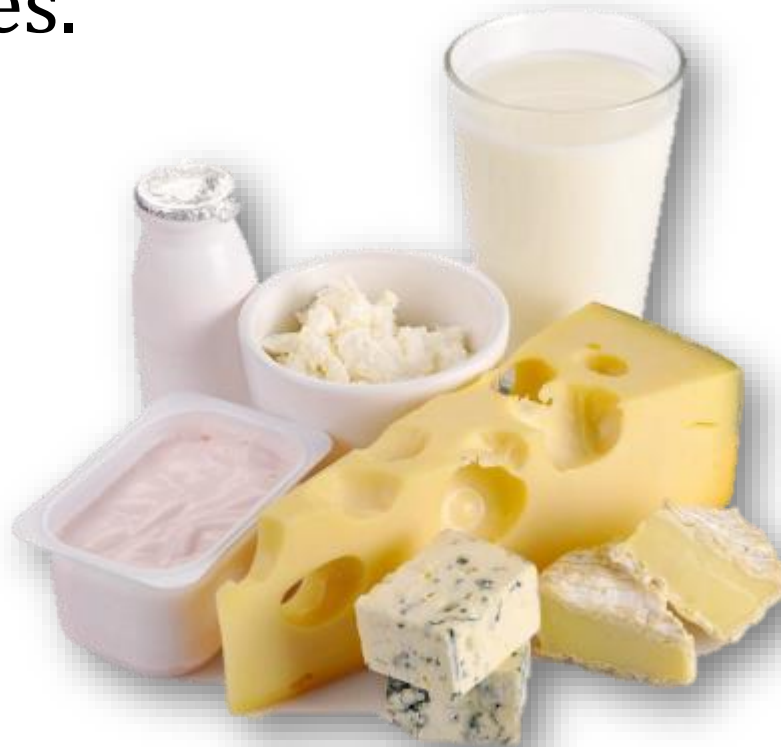
Step 2: Change the way you think about meat.

- If you eat meat, have smaller amounts.
- As a main course, have smaller portions (3 ounces or less) of chicken or lean meat.
- Enjoy small amounts as a garnish for flavour.



Step 3: Enjoy some dairy products.

- Eat plain regular or Greek yogurt, and try smaller amounts of a variety of cheeses.



Step 4: Eat Seafood twice a week.

- Choose a variety of different types



Step 5: Cook a vegetarian meal once a week.

- Build meals around beans, whole grains, and vegetables.
- Season with herbs & spices.



- Plan vegetarian meals 1-2 nights per week.

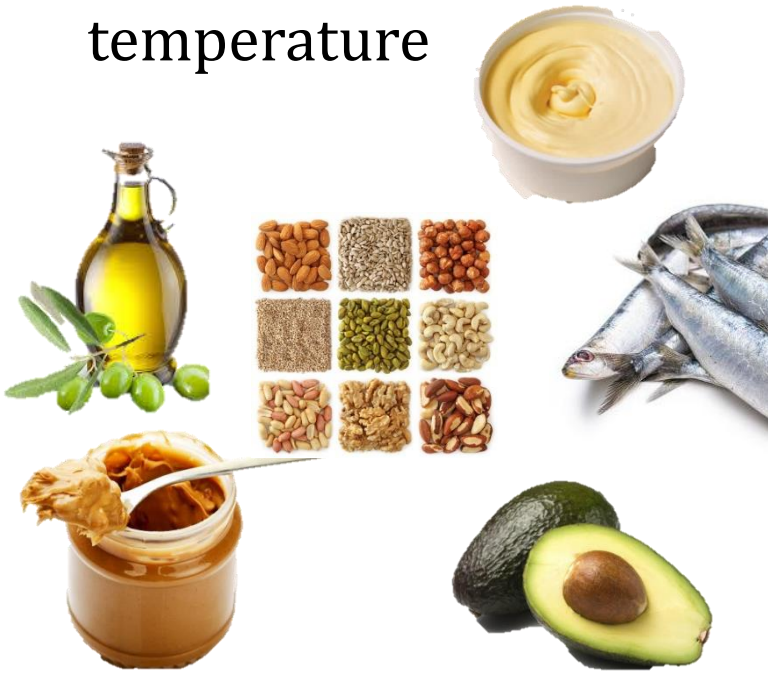

Step 6: Use good fats.

- Think extra-virgin olive oil, nuts, seeds, and avocado.



Healthy Fats = ↑ HDL

- Also called “unsaturated” fats

Monounsaturated Fats	Polyunsaturated
<ul style="list-style-type: none">• Usually plant-sources & liquid at rooms temperature 	<ul style="list-style-type: none">• Includes Omega-3s & 6s 

Unhealthy Fats

Saturated Fats ↑ LDL

- Found mainly in:
 - Animal & animal products



Trans Fats ↑ LDL ↓ HDL

- Found mainly in:
 - Processed baked goods
 - Fried foods



How Can You Reduce Dietary Fat?

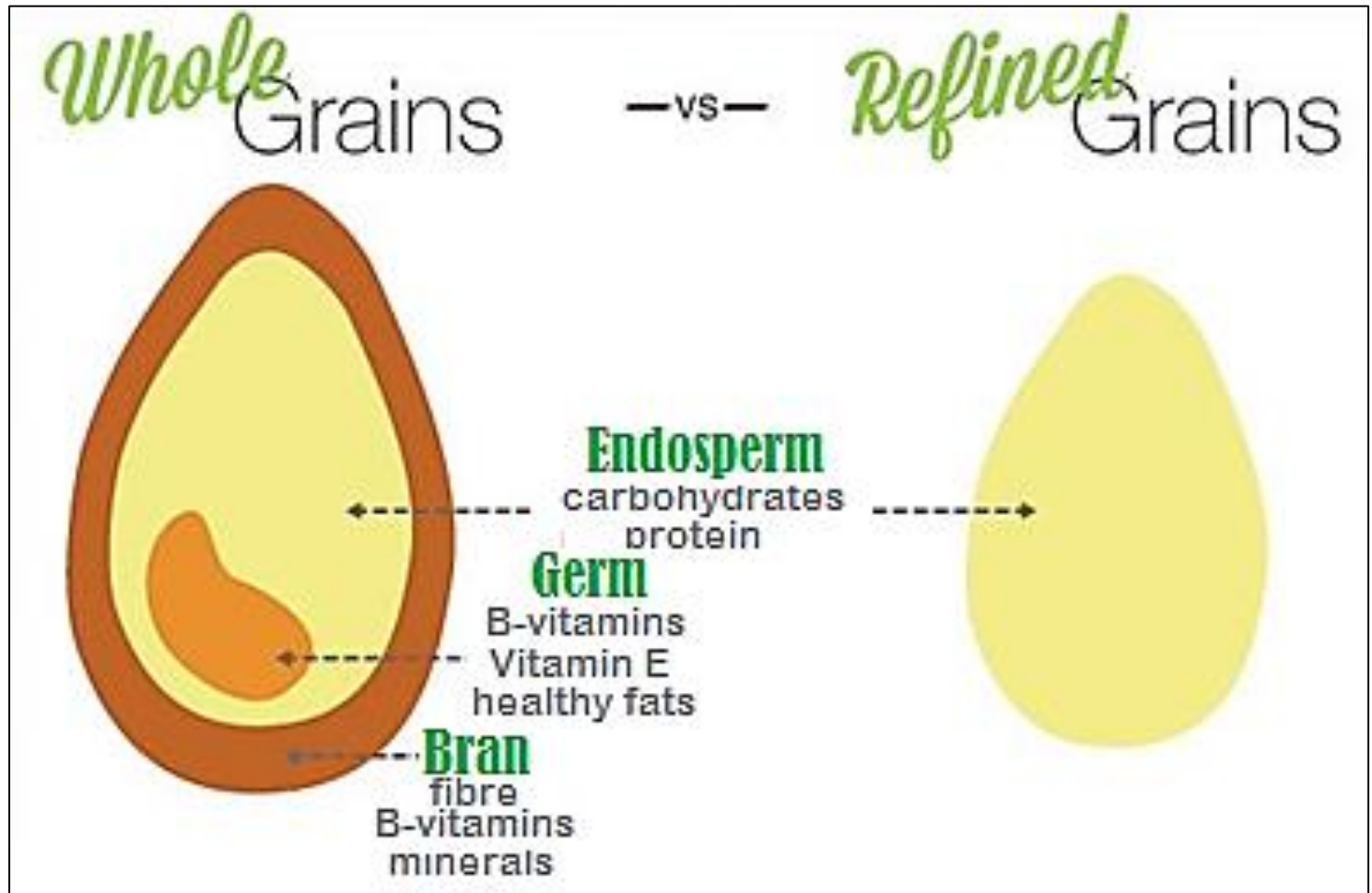
- Bake, broil, grill, poach, steam
 - ↓ deep and pan frying
- Trim fat & remove skin; skim fat off soups
- Choose lean proteins and low fat cheese/dairy
 - 0-2% M.F. Yogurt/Milk
 - less than 20% M.F. Cheese
- Reduce added fat (cream, mayo, butter)

Step 7: Switch to whole grains.

- Cook grains like:
 - Bulgur
 - Barley
 - Farro
 - Brown
 - Black or red rice
- Choose products made with whole grain flour



Choosing Whole Grains



Step 8: For dessert, eat fruit.

- Choose a variety (fresh or frozen).
- Save sweets for special occasions.



The Mediterranean Diet is about more than just food...

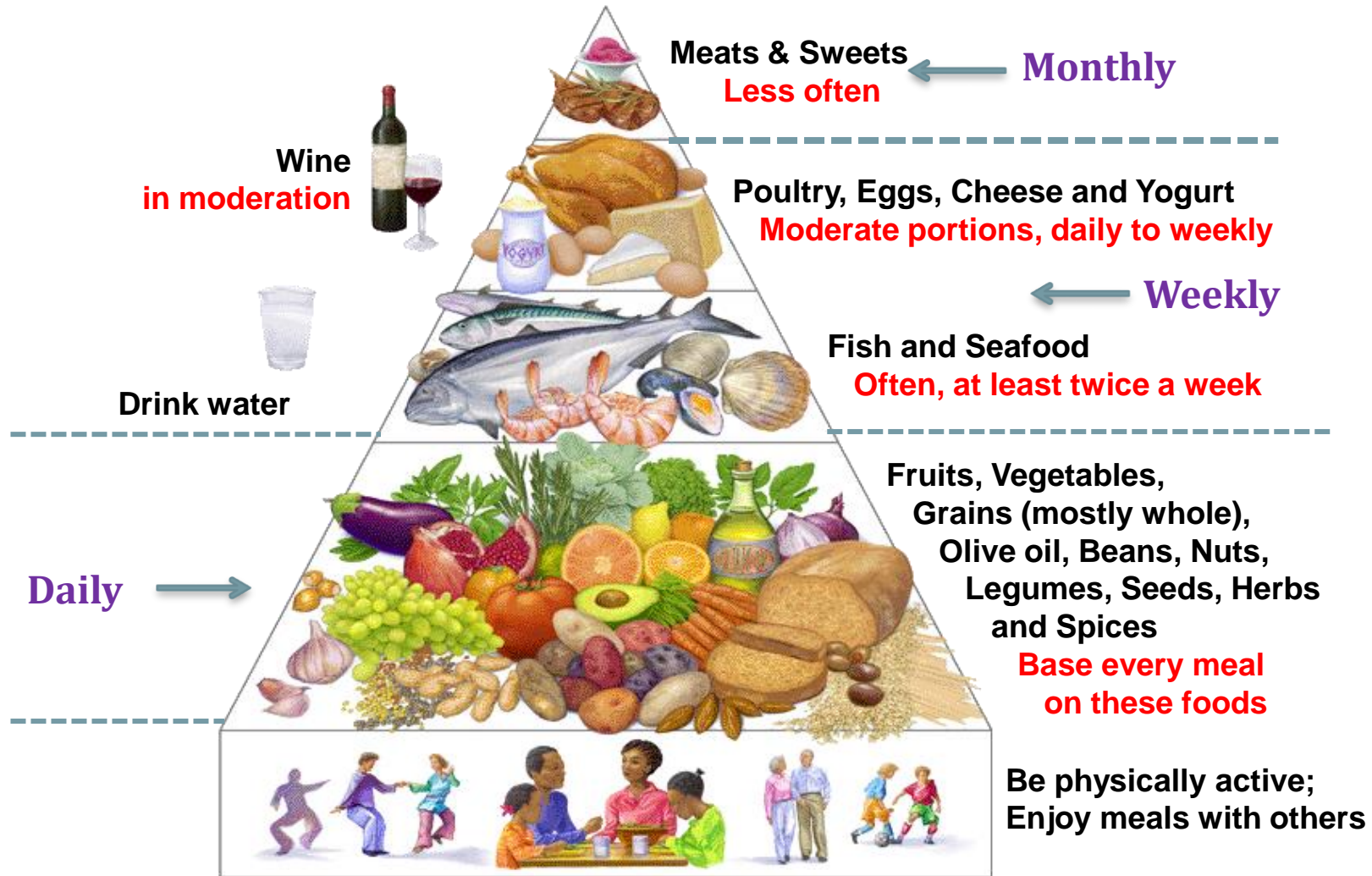
... It's a lifestyle!

That means it includes:

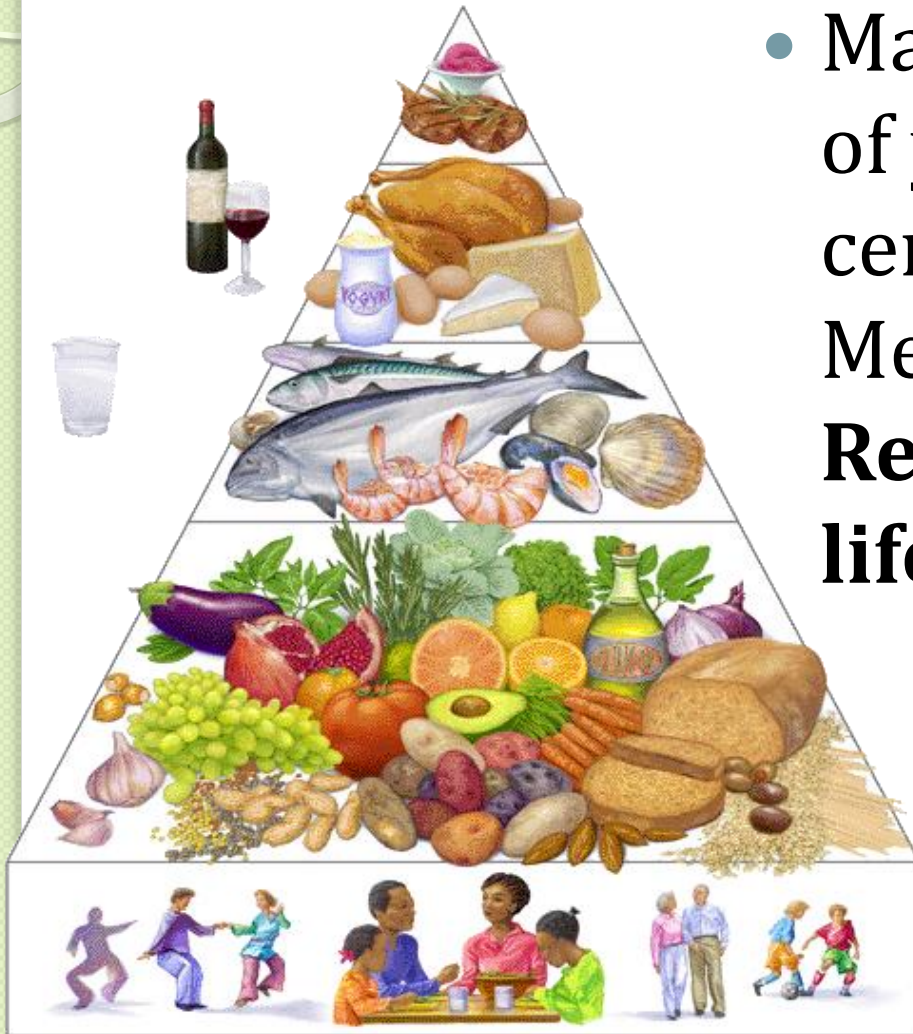
1. Looking for ways to be active.
 - Dance. Walk. Swim. Bike. Garden. Hike.
2. Spending time with family & friends.
 - Share your food with good conversation!



Mediterranean Diet Pyramid



Physical Activity



- Making activity a part of your life everyday is central to adopting the Mediterranean diet → **Remember it's a lifestyle!**



Getting Started

➤ What to consider:

- Any physical or functional limitations (health concern)
- Activity preference– choose activities you like to do!
- Availability of exercise equipment/facility
 - Always seek a qualified instructor & use correct technique

➤ Always listen to your body!

- Drink Water
- Check your blood glucose
 - Before and after exercise
- Start slow and build up gradually
 - Pain/discomfort = stop exercising!



1. Aerobic Activity

- Continuous movement of big muscles
- Weight loss
- Heart health
- Examples:
 - Walking briskly
 - Dancing
 - Bicycling
 - Jogging/running
 - Skating
 - Stair climbing
 - Swimming



****150 min/week****

5days/week (30min daily)

Can be broken into 10 min.
sessions

2. Resistance Activity

- “Push, Pull, and Lift”
- Improves coordination and balance (prevents falls)
- Builds muscle
- Weight loss



3 days/week

(20-30min, 8-10 exercises)

If hypertensive, do not hold static
contractions/lift weight above head

3. Flexibility Activities

- Reduces risk of injury
- Increases range of motion
- Prevents muscle cramps/soreness

- Examples:
 - Yoga
 - Pilates
 - Stretching
 - tai chi

- Daily is ideal



Remember to always spend 5-10 minutes stretching before and after an activity

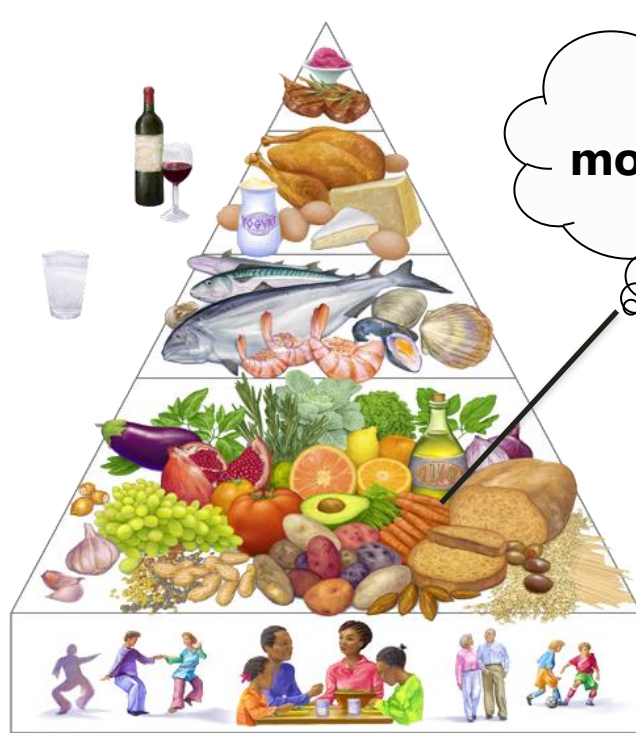


HI... I'M DOCTOR
MIKE EVANS, AND
WELCOME TO THE
VISUAL LECTURE
I CALL...

23 1/2 HOURS



Faded reflection of the text "23 1/2 HOURS" in red, appearing as a light red watermark below the main text.



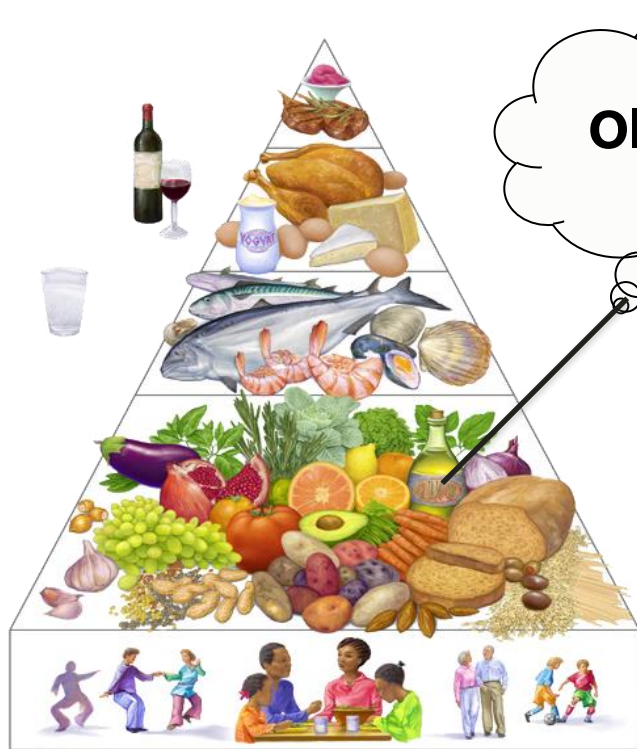
**Grains
mostly whole**

**Choose whole grain options
whenever possible.**

**- Our bodies break down grains
into simple sugars, that our brain
and body use for energy.**

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- Bread
- Pita bread
- Rolled oats
- Bulgur
- Couscous
- Pasta, any shape /size
- Polenta from whole cornmeal
- Rice – try brown, black, red
- Farro, spelt and other grains



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Olive Oil

Olive oil is the main fat of the Mediterranean Diet.

- It is a healthy fat that helps to lower LDL and increase HDL

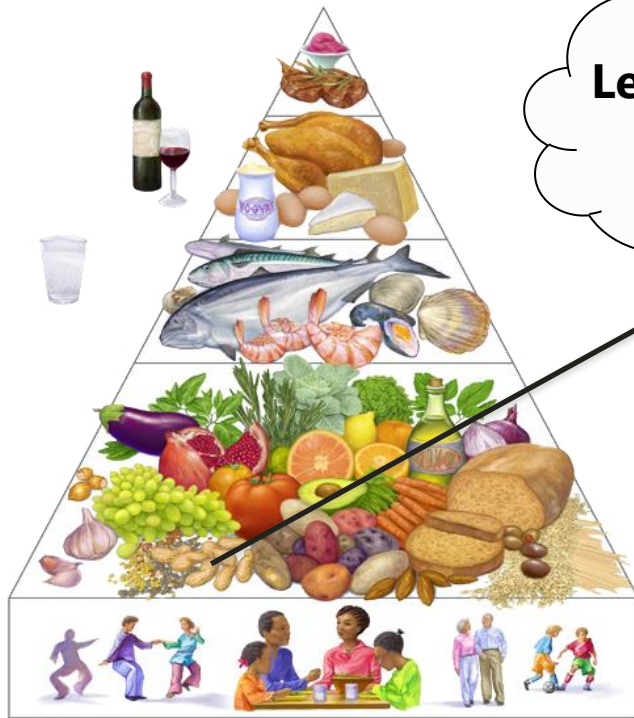
Look for other healthy fats and oils, too, like these below:

Other healthy fats

- Avocados
- Olives
- Nuts
- Fish

Healthy oils

- Extra-virgin olive oil
- Canola oil
- Walnut oil
- Avocado oil
- Flax oil
- Grapeseed oil



Legumes (beans, peas, lentils), Seeds, Nuts

Tip:
Aim to have no more than ¼ cup of nuts per day

Try as many varieties of beans, seeds and nuts as possible!

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Seeds

- Sunflower
- Flax
- Chia

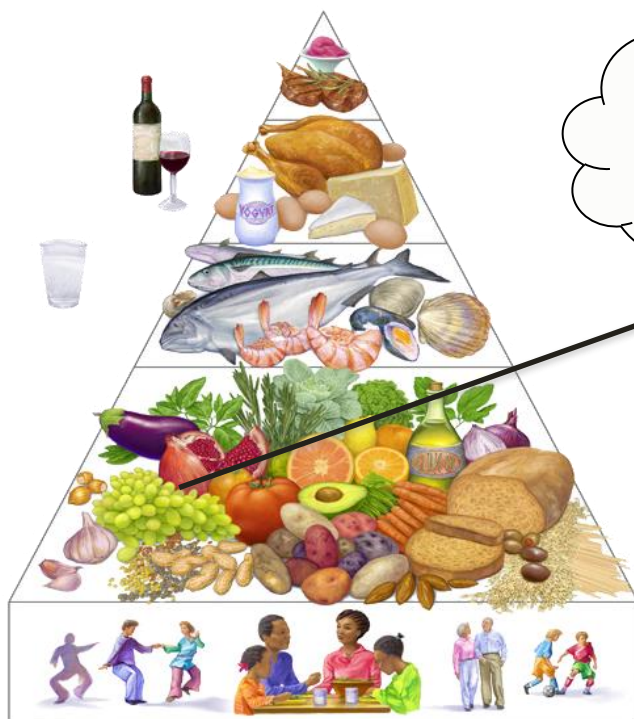
Nuts (unsalted)

- Almonds, Walnuts
- Pecans, Pinenuts
- Peanuts, Pistachios

Legumes

- Hummus
- Green beans
- Canned & dried beans
 - Cannellini, Pinto
 - Chickpeas, Black
 - Lentils, Soybeans

Legumes are high in protein, folate, potassium, iron and magnesium. They are also great sources of soluble fibre which helps to lower blood sugars and cholesterol.



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Fruit

**Fresh, frozen, canned or dried
– choose a variety of fruits
every day, from the examples
here or other favourites.**

Tip:
Choose whole fruit
instead of juice!

- Apples
- Oranges
- Bananas
- Lemons
- Limes

- Blueberries
- Strawberries
- Raspberries
- Pomegranates
- Avocados

- Grapes
- Mangos
- Kiwis
- Cherries
- Peaches



Vegetables

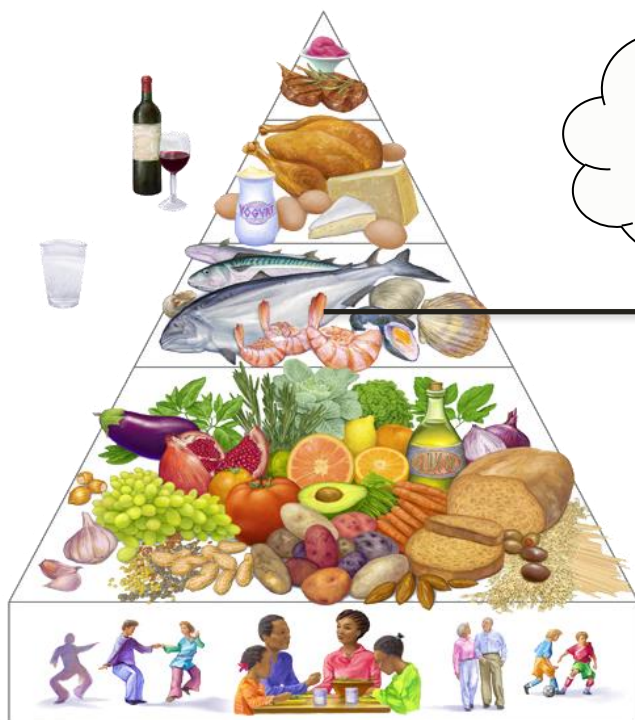
Fresh or frozen – choose a variety of vegetables every day, from the examples here or other favourites.

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- Tomatoes
- Peppers
- Eggplant
- Spinach
- Lettuce

- Radishes
- Broccoli
- Cauliflower
- Zucchini
- Mushrooms

- Cucumber
- Carrots
- Celery
- Green Beans



Fish & Seafood

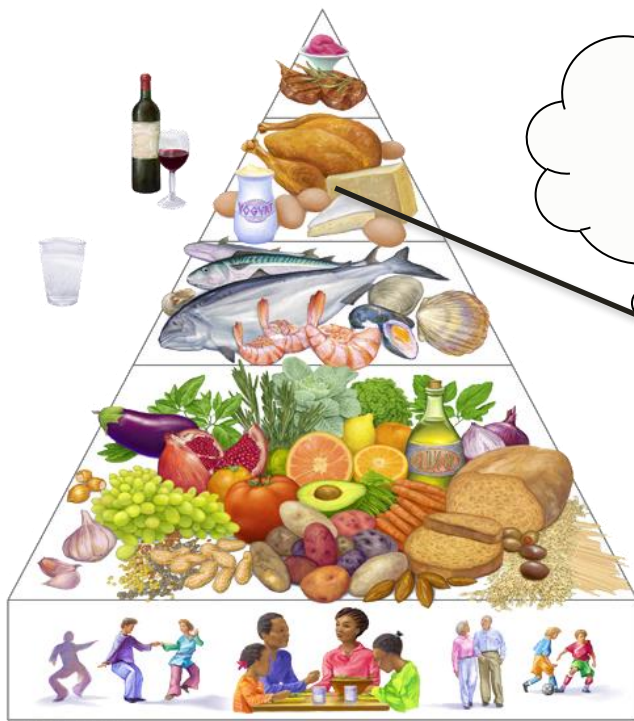
Try fattier fish like salmon, mackerel, trout, or sardines that are high in Omega-3 fatty acids.

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- Salmon
- Tuna
- Sardines
- Anchovies

- Oysters
- Clams
- Mussels
- Scallops
- Crabs

- Calamari
- Cod
- Swordfish
- Shrimp
- Tilapia



Dairy

Tip:
Choose 0-2% M.F.
Yogurt/Milk &
less than 20% M.F.
Cheese

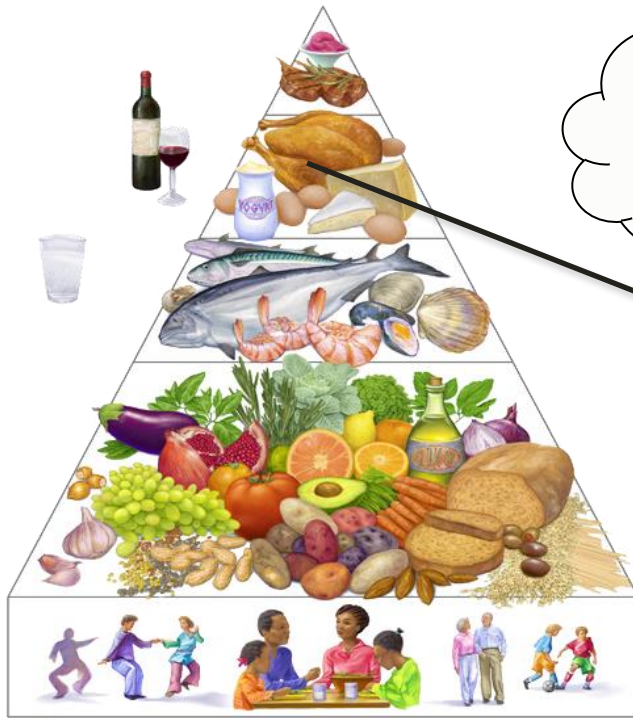
Dairy is enjoyed in the form of yogurt and cheese – fermented dairy products that contribute to good gut health.

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- Yogurt
 - Greek
 - Plain
- Low-fat milk

Cheese:

- Feta
- Mozzarella
- Ricotta
- Pecorino
- Manchego
- Halloumi
- Asiago
- Gorgonzola
- Parmigiano-Reggiano
- Provolone



Eggs & Poultry

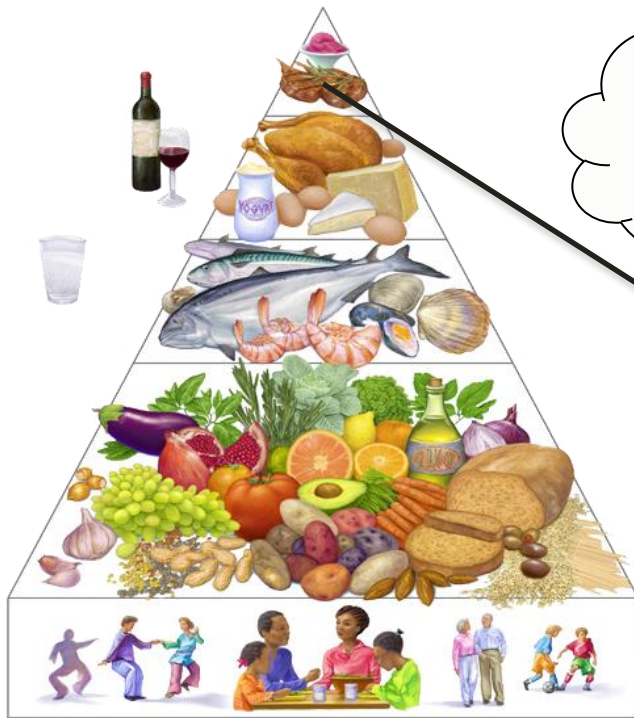
Eggs are considered the “ideal protein” – and have a long history in the Mediterranean Diet.

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Tip:

If you have high cholesterol – aim to have no more than 6 eggs per week

- Eggs provide protein; vitamins A, D, and E; and minerals
- Poultry is a lean protein source.



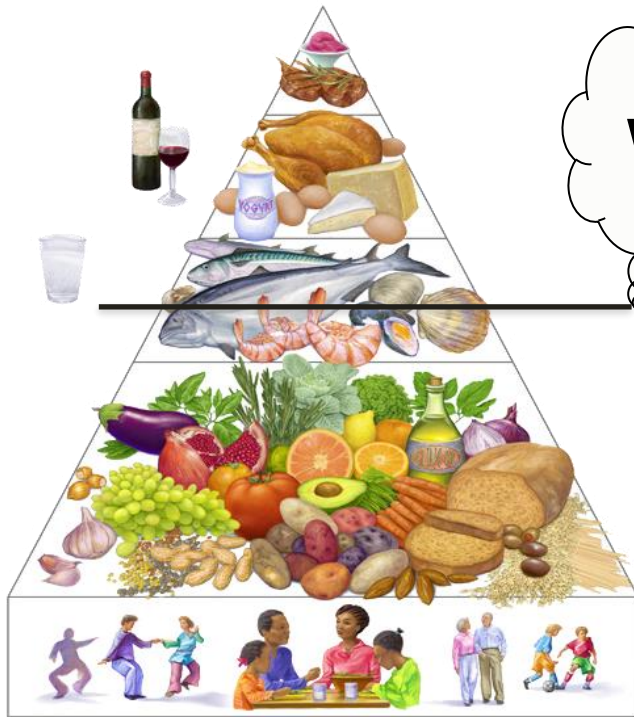
Once-in-a-while foods

Greater health benefits are linked to eating less of these “once-in-a-while” foods.

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➤ **Sweets.** Save sweets for special occasions; enjoy fruit for dessert most days.

➤ **Red meat.** Eat in small amounts as a garnish to dishes. Choose lean protein sources such as beans, seafood, eggs and poultry instead.



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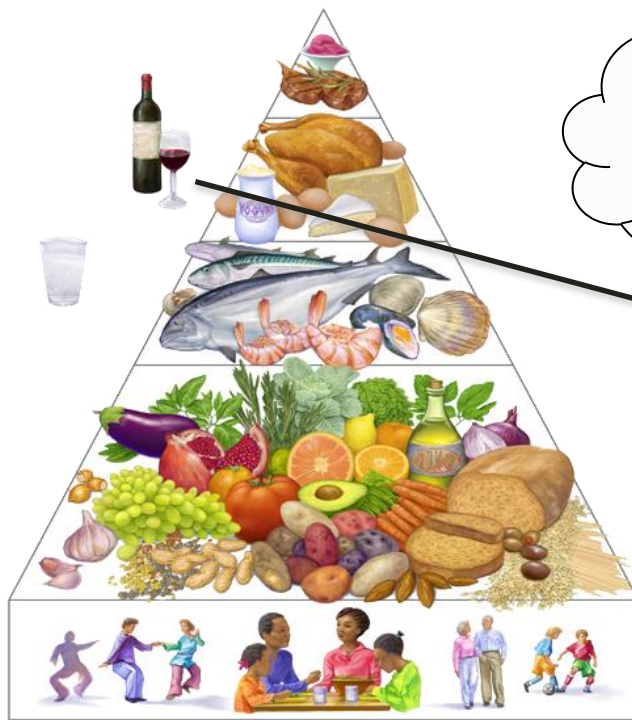
Water

Tip:

To make sure you have had enough water to drink take a quick look at your urine -> Aim for a light lemonade colour!

Make water your normal go-to drink at most meals and throughout the day.

- An overall healthy diet provides added fluids from the fruits and vegetables you eat.
- Tea, herb tea, and coffee (in moderate amounts) can also be good beverage choices.
- Add a squeeze of fruit juice to your water for extra flavor.



Studies show health benefits from moderate wine consumption, for those who drink.

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- 100% grape juice offers some of the same benefits for those who don't drink.** *high in sugar*
- Up to 1 glass a day for women (5 oz. total)
- Up to 2 glasses a day for men (10 oz. total)

Grocery List

Mediterranean Diet Grocery List

Grains

Choose mostly whole grain choices. These contain the word "whole" as the first ingredient. Ex: "whole wheat."

- | | |
|-----------------------------------|--------------------------------|
| <input type="checkbox"/> Pasta | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Bread | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Rice | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Polenta | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Cereals | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Oatmeal | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Crackers | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Couscous | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Bulgar | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Pita | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Barley | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Seafood

Salmon and other oily fish contain healthy Omega-3s. White fish is a great lean protein.

- | | |
|-----------------------------------|--------------------------------|
| <input type="checkbox"/> Salmon | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Shrimp | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Cod | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Scallops | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Clams | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Tilapia | <input type="checkbox"/> _____ |

Mediterranean Diet Grocery List

Nuts and Seeds

Both are a great source of protein, fiber, and healthy fats. Stick to a handful a day because they are high in calories.

- | | |
|------------------------------------------|--------------------------------|
| <input type="checkbox"/> Walnuts | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Almonds | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Peanuts | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Pine nuts | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Cashews | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Sunflower seeds | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Flax | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |
| <input type="checkbox"/> _____ | <input type="checkbox"/> _____ |

Fruits

Fresh fruits are important for weight control and good health. Frozen fruit and canned varieties without added sugars are also good choices.

- | | |
|---------------------------------------|--------------------------------|
| <input type="checkbox"/> Apples | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Bananas | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Grapes | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Oranges | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Kiwis | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Strawberries | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Pomegranate | <input type="checkbox"/> _____ |

Healthy Plate Model



Use your hand to
measure your portions!

Portion Control
"It's all in YOUR Hands"

Video Created by: Ashley Spegel, Registered Dietitian

Handy portion guide

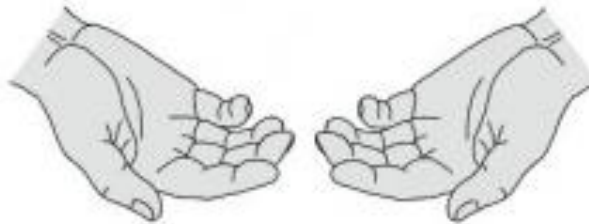
Your hands can be very useful in estimating appropriate portions. When planning a meal, use the following portion sizes as a guide:



FRUITS*/GRAINS & STARCHES*:

Choose an amount the size of your fist for each of Grains & Starches, and Fruit.

MILK & ALTERNATIVES*: Drink up to 250 mL (8 oz) of low-fat milk with a meal.



VEGETABLES*:

Choose as much as you can hold in both hands.



MEAT & ALTERNATIVES*:

Choose an amount up to the size of the palm of your hand and the thickness of your little finger.



FATS*:

Limit fat to an amount the size of the tip of your thumb.

* Food group names taken from *Beyond the Basics: Meal Planning for Healthy Eating, Diabetes Prevention and Management* © Canadian Diabetes Association, 2005. Please refer to this resource for more details on meal planning.

Facts on Sodium

What is Sodium?

- An essential nutrient found in salt & many foods
- It is also found in food additives, such as MSG

Too much sodium = ↑ blood pressure

High blood pressure is a risk factor for stroke, heart and kidney disease.

What is the Recommended amount of Sodium per day?

Health Canada recommends adults limit their sodium to less than 1,500 mg per day

Half a teaspoon of salt = 1,150 mg of Sodium





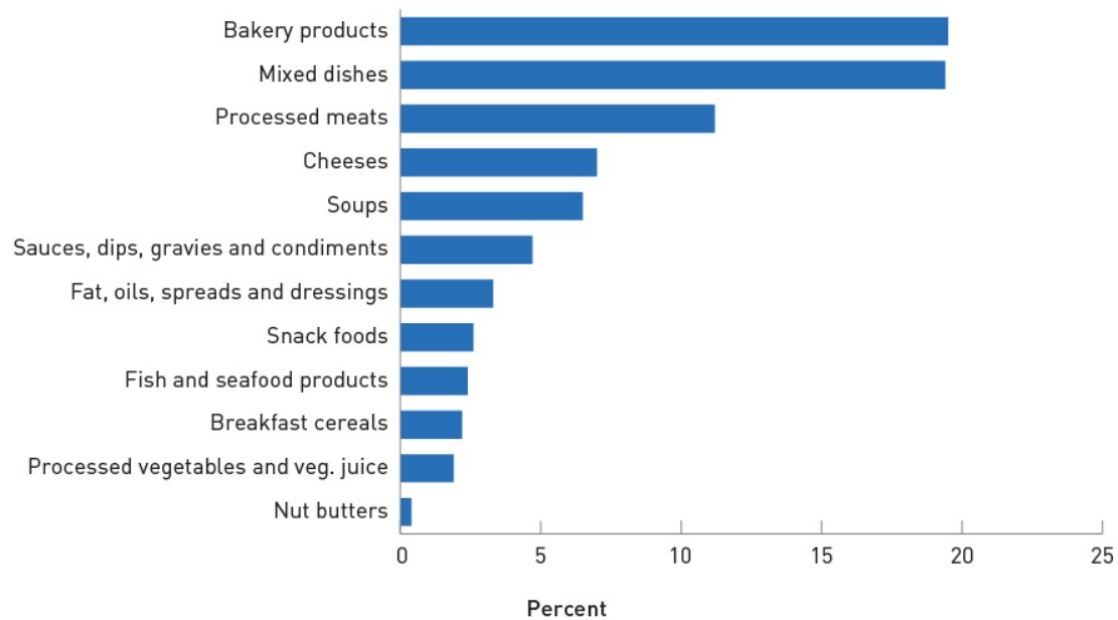
How much Sodium do Canadians Consume?

Canadians eat **2760 mg** of sodium each day!

That is almost **DOUBLE** the recommended amount of sodium.

Where does all that sodium come from?

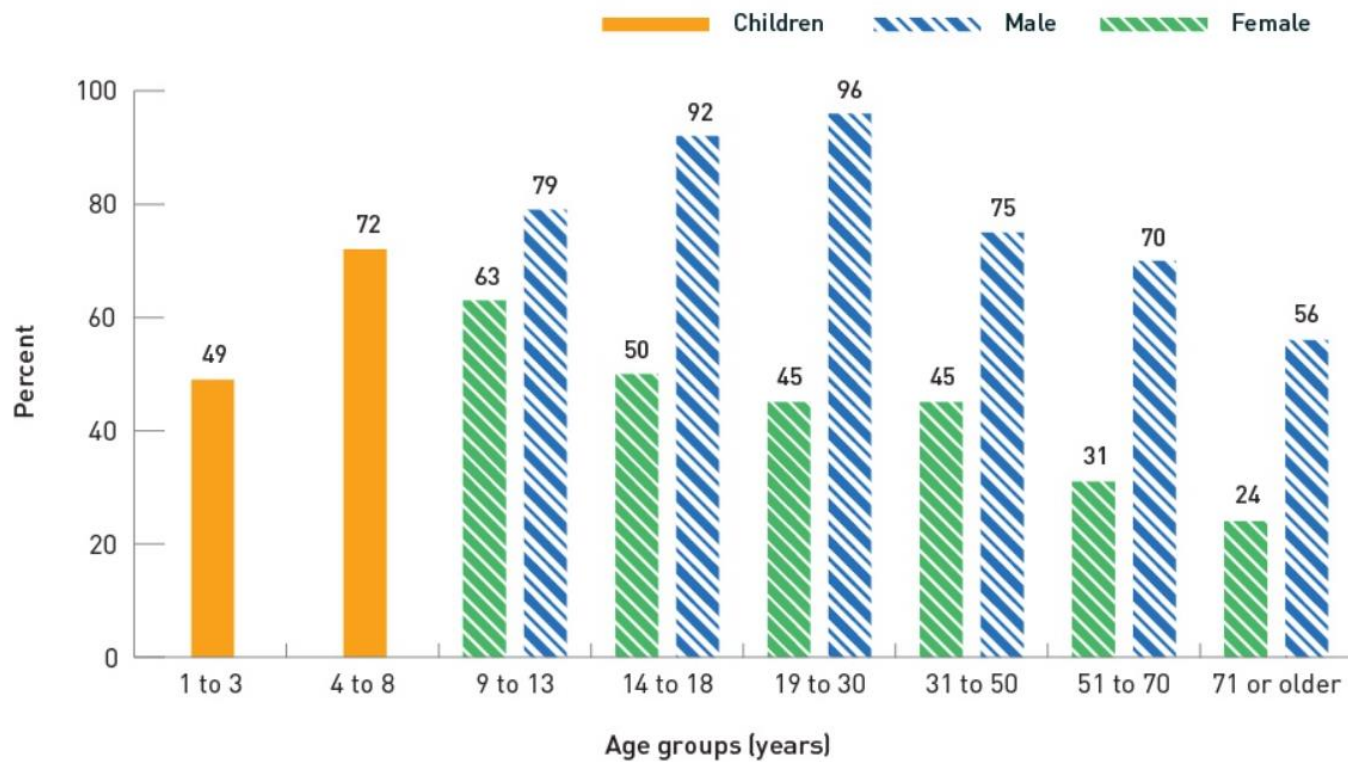
FIGURE 2. Percent contribution of major food categories to the average daily sodium intake of Canadians in 2017



Source: CCHS 2015, Health Canada Food Label Data 2017 and Canadian Nutrient File 2015 for top categories as classified in Health Canada's 2012 sodium reduction targets.

Figure 1 shows the percentage of Canadians who consume sodium above recommended limits for their age and sex group.

FIGURE 1. Percentage of Canadians who consume excessive amounts of sodium by age and sex group



Tips to Reduce Sodium in Your Diet

- Buy Fresh or Frozen *unprocessed* Foods Most Often
- Limit Cured/Deli Meats (i.e. Cold Cuts)
- Use less condiments and fermented foods (i.e. ketchup, mustard, soy sauce, pickles, olives, prepared gravies, sauces & salad dressings)
- Use lemon juice, lime, herbs and spices to add flavour without sodium.
- Avoid adding salt to cooking
- Remove salt shaker from the table at meals
- Choose low sodium canned goods and broths

Read Labels and choose packaged foods with the lowest sodium

3 Steps to Label Reading for Sodium

1. Look at the serving size.
2. Look at the amount of Sodium & % Daily Value.
3. Choose foods that have a % DV of 5% or less OR items with less than 120 mg sodium per serving.

Nutrition Facts	
Serving Size: 1 cup (228g)	
Servings Per Container: 2	
Amount Per Serving	
Calories: 260 Calories from Fat: 120	
% Daily Value*	
Total Fat 13g	20 %
Saturated Fat 5g	25 %
<i>Trans</i> Fat 2g	
Cholesterol 30mg	10 %
Sodium 660mg	28 %
Total Carbohydrate 31g	10 %
Dietary Fiber 0g	0 %
Sugars 5g	
Protein 5g	
Vitamin A 4%	• Vitamin C 2%
Calcium 15%	• Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet.	

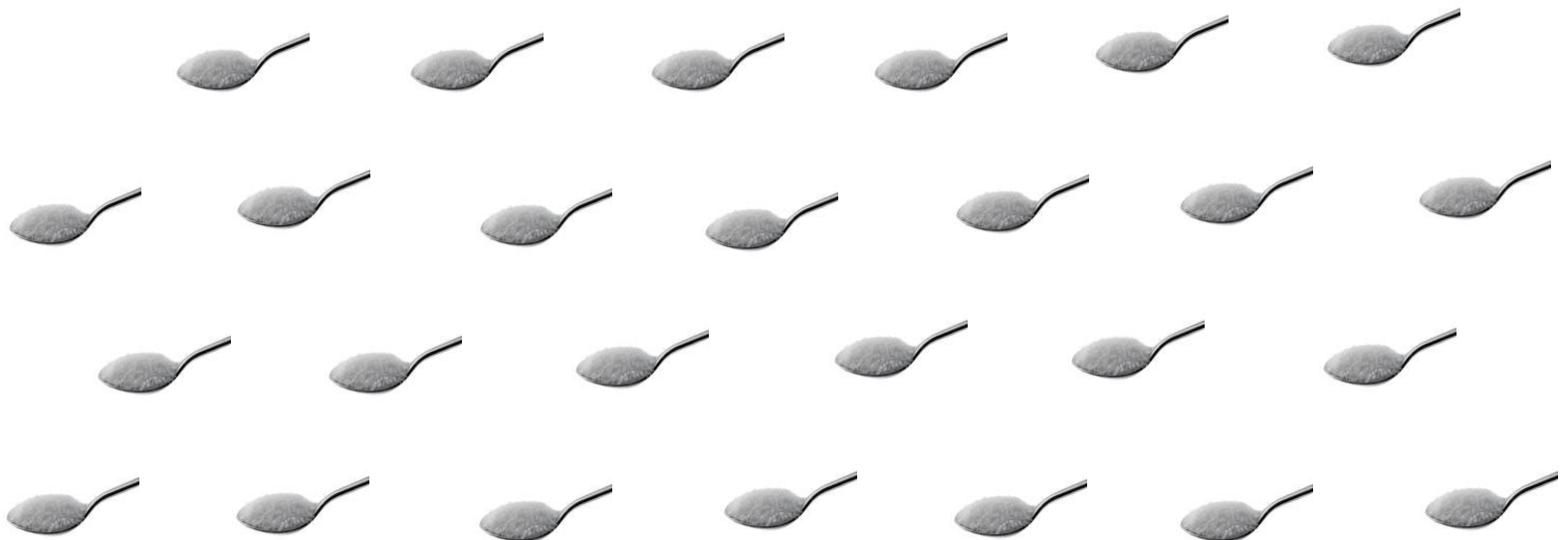
There may be more than one serving in the package, so be sure to check serving size.

This number tells you the % DV for sodium in one serving.

What about sugar?

How many teaspoons of added sugar does the average Canadian consume each day?

26 teaspoons!



Sugar Recommendations

1 teaspoon of sugar = 4 grams

- Recommendations:
 - ✓ Women: 6 tsp/day
 - ✓ Men: 9 tsp/day



Reading Food Labels for Added Sugar



Nutrition Facts

Serving Size 1 bar (40g)
Servings Per Container 5

Amount Per Serving	
Calories 140	Calories from Fat 35
	% Daily Value*
Total Fat 4g	6%
Saturated Fat 2g	9%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 90mg	4%
Total Carbohydrate 29g	10%
Dietary Fiber 9g	35%
Sugars 10g	
Protein 2g	
Calcium 10%	• Iron 6%

Not a significant source of vitamin A and vitamin C.
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Ingredients: Chicory Root Extract, Semisweet Chocolate Chips (sugar, chocolate liquor, cocoa butter, soy lecithin, natural flavor), Whole Grain Oats, Corn Syrup, Rice Flour, Barley Flakes, Sugar, Canola and Palm Kernel Oil, Vegetable Glycerin, High Maltose Corn Syrup, Maltodextrin, Tricalcium Phosphate, Sugarcane Fiber, Soy Lecithin, Cocoa Processed with Alkali, Salt, Fructose, Malt Extract, Caramel Color, Cellulose Gum, Baking Soda, Milk, Natural Flavor, Mixed Tocopherols added to retain freshness.

CONTAINS SOY, MILK; MAY CONTAIN PEANUT, ALMOND, SUNFLOWER AND WHEAT INGREDIENTS.

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Carbohydrate Choices: 2

Reading Labels:

Other Words That Mean Sugar

- Words that end in “**ose**” such as glucose, sucrose, fructose, maltose, dextrose
- brown sugar
- honey
- maple syrup
- corn sweeteners (HFCS)
- agave syrup or nectar

A little bit more on label reading...

In general, you can use the %DV to help you make decisions about which products to purchase.



5% Daily Value or less is **a little**
15% Daily Value or more is **a lot**

When making an informed food choice here are some nutrients you may want...

a little of

- Saturated and trans fats
- Sodium

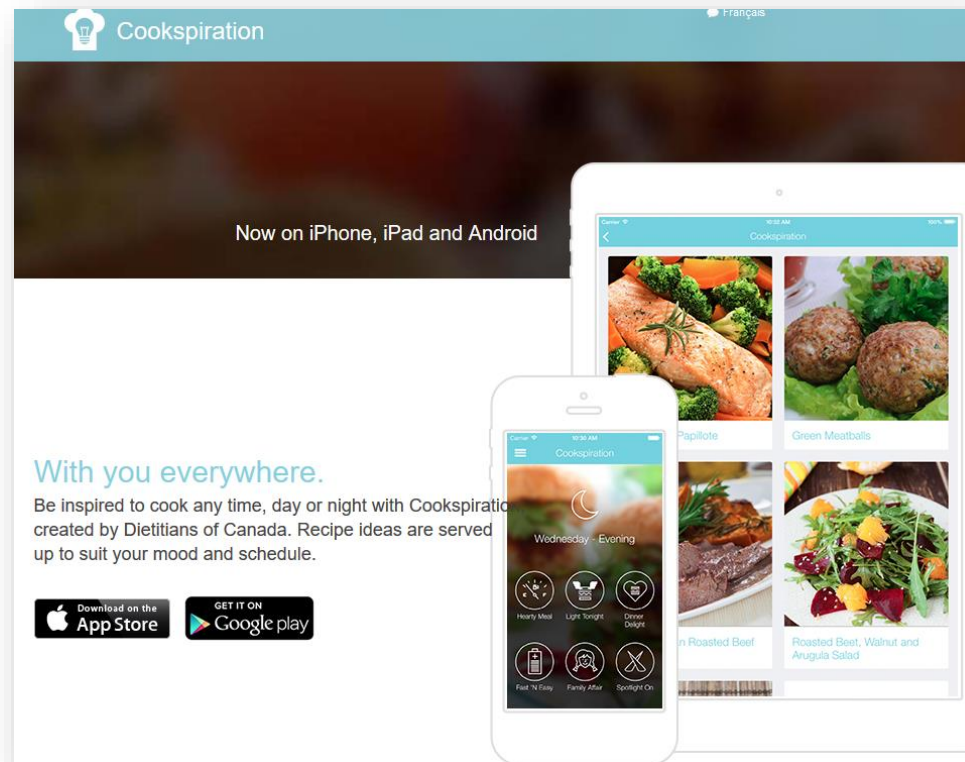
a lot of

- Fibre
- Vitamin A
- Calcium
- Iron

This applies to all nutrients with a % Daily Value

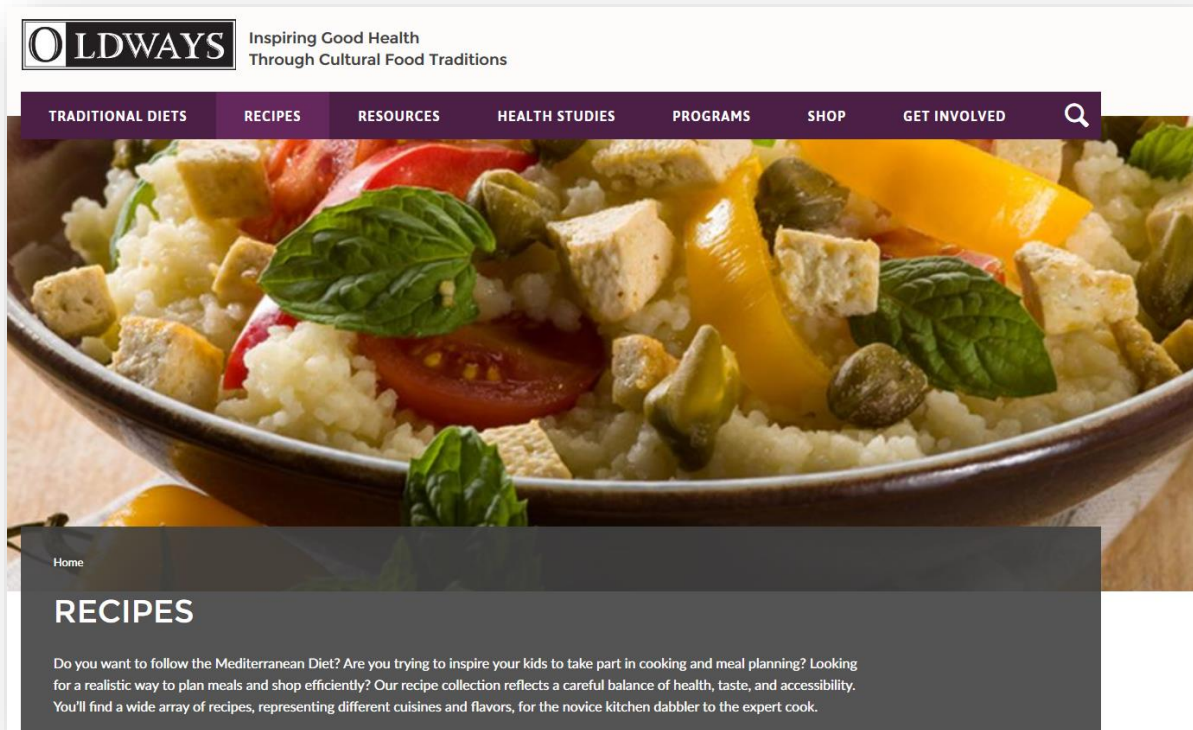
Healthy Recipe Inspiration

- Cookspiration.com



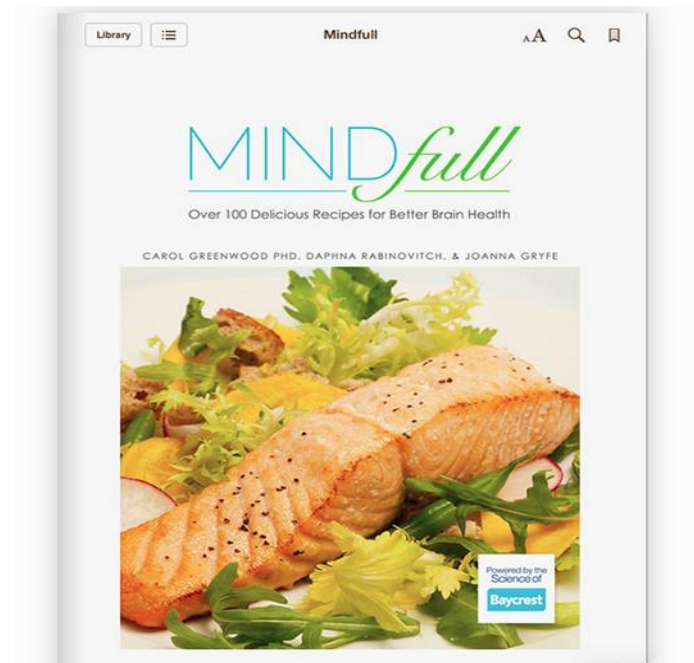
Healthy Recipe Inspiration

- Oldwayspt.org/recipes



Healthy Recipe Inspiration

- <https://www.baycrest.org/Baycrest-Pages/About-Baycrest/Publications/Books-Multimedia/MINDfull-recipes-for-brain-health>
- E-book: *MINDfull*
- Cost: \$11.99





What's Next?

- Please complete our survey to provide us with feedback to improve this program
- Check out our website at www.hrfht.com for upcoming programs and details!
- Visit: www.oldwayspt.org
- Give us a call at:
 - 416-740-2810 or 647- 342 -8266

Interested in Other Workshops?



Other workshops include:



- Coping with Stress
- Introduction to the Mediterranean Diet
 - Healthy Eating
- Diabetes Education Class

Check out our website hrfht.com for dates and times.