



MIND ▸ BODY ▸ SPIRIT

Sleep • Activity • Purpose • Nutrition • Resilience

Popular Diets Demystified

Wednesday March 22nd, 6:00 p.m. to 7:00 p.m.

Dean's Natural Food Market, 490 Broad Street, Shrewsbury



Join Meridian Integrative Health & Medicine Nutritionist, Nicole Cerillo, RD, LDN at Dean's Natural Food Market in Shrewsbury to learn the truth about the most common diets. Hear our expert demystify the common diet misconceptions. Presented by Nicole Cerillo, Integrative Registered Dietician.

Call 1-800-DOCTORS® or visit
www.MeridianIntegrativeMedicine.com to register.

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