



MEDITERRANEAN EATING PLAN & LIFESTYLE SEMINAR



Monday, August 16th

6:00pm to 7:00pm

South Butler Community Library

The Butler Health System will visit Saxonburg to introduce the recently opened Food Institute followed by a seminar on the Mediterranean diet with a food demo and tasting. Come learn how food insecurity is being addressed in our community and how to access evidence based lifestyle coaching.

The seminar is based on the cookbook, *Make Every Day Mediterranean: An Oldways 4-Week Menu Plan*.

**To Register or
for More Information:**

724-352-4810

Free Event!

BHS Guest Speakers:
Dr. Kathy Selvaggi Chief
Community Health Officer

Patti Kuniak RD, LDN
BHS Lifestyle Coaching