



What is a Mediterranean Diet?

A free educational talk on how a Mediterranean diet can promote health and prevent disease



- What is a Mediterranean diet?
- What kinds of food does the Mediterranean diet include?
- What are the health benefits of a Mediterranean diet?
- What is the effect of the Mediterranean diet on heart health?
- What research is being done on the Mediterranean diet?

Presenter: Dr. Wahida Karmally
Director of Nutrition
Irving Institute for Clinical and Translational Research
Columbia University Medical Center

Date: Wednesday, March 8, 2017

Time: 4:00PM – 5:30PM

Location: Columbia Community Partnership for Health
390 Fort Washington Avenue, Ground Floor
New York, NY 10033

- A free event open to all
- The talk will be in English and Spanish
- Refreshments will be served



To RSVP call:
(646) 697-2274