



Metropolitan Hospital Center
invites you to celebrate

National Nutrition Month

Get tips on healthy eating!
Food samples and giveaways provided!

- March 8 **Say "Yes" to Less Salt**
- March 14 **The Beat Goes On: Heart Healthy Tips**
- March 21 **Fill Up with Fiber and Focus on Healthy Whole Grains**
- March 28 **Take Control! Management and Prevention of Diabetes**

All events are at the Hospital's Main Lobby, 10 AM to 1 PM

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