



Presents

# Food for Thought: Changing My Diet to Help Manage My Conditions Zoom Session

There is an old saying "We are what we eat." Is that really true? Sometimes certain foods can improve or help prevent a medical condition and sometimes the wrong foods can make a medical condition worse. Come and join us for a discussion on how food affects certain medical conditions and how you may be able to improve your health by changing the foods that you eat.

Wednesday, November 18, 2020

11:00am

To sign up for the Zoom session please call 818-705-2345.  
Zoom link will be provided upon sign up.