

The Ed & Phyllis Davis Wellness Institute

Food as Medicine

with Paula Montagna, MS, RD, CDN, CNSC

Nutrition for Parkinsons Thursday April 2 at 2 pm

In-person and virtually on Zoom

240 Meeting House Lane

Southampton

Third Floor, Wellness Classroom

(631) 726-8800

Food sustains us, nourishes us and can help heal us. Join us each month for tips on how to eat better to increase your energy, improve your mood and feel great. This nutritional class will include healthy and delicious food demos to help reduce inflammation and heal the body and the mind.

TO REGISTER OR LEARN MORE:

call (631) 726-8800



Stony Brook
Southampton Hospital

