



Woodbridge Internal Medical Associates
is pleased to offer our patients



FREE Nutrition Classes

2019 Schedule

All classes are held here at our office.

Learn healthy habits so you can better navigate making meals at home or dining out on the town.

NAVIGATING THE SUPERMARKET: Understanding Food Labels and Food Claims

September 17 (9:30-10:30am)

September 25 (6:00pm-7:00pm)

OPTIMIZING YOUR CHOLESTEROL LEVELS

October 15 (9:30-10:30am)

October 29 (6:00-7:00pm)

MEAL PLANNING FOR DIABETES/PRE-DIABETES

November 13 (9:30-10:30am)

November 19 (6:00-7:00pm)

HEALTHY FOR THE HOLIDAYS

TBD (9:30am-10:30pm)

TBD (6:00-7:00pm)

Speak to a clinical team member to register for these FREE NUTRITION SEMINARS.

or

Register today by calling 732-634-0036 x 284.

