



Bethel Public Library
Be curious. Be enlightened. Be inspired.

Health & Wellness Series: Why the Mediterranean Diet Is So Helpful

Friday, June 9
1:00-2:00 PM



Join Monica Marcello, RVNAhealth Registered Dietitian, MS and Nutrition Educator, as she discusses the six (6) core principles that make the Mediterranean Diet the most researched and recommended eating pattern internationally, and provides actionable & inexpensive recommendations you can easily implement in your life.

Monica Marcello, MS, RD is RVNAhealth's registered dietitian and nutrition educator who promotes holistic health, longevity, and quality of life. Monica's areas of expertise include disease prevention and treatment for many chronic and acute conditions.

To register: call the Library at **(203) 794-8756**
or visit www.bethellibrary.org/events.