



# How to Follow the **Mediterranean Diet**

**Get Tips,  
Recipes,  
and More!**

## **Make Your Well Being a Delicious Priority!**

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The Mediterranean Diet is definitively proven to help prevent cancer, heart disease, and diabetes. Not only that, but the food is delicious!

Join us for specific tips, strategies, and recipes to help you reap the benefits of this amazingly simple yet powerful diet.

*Featuring the latest research and nutritional information.*



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