

Paleo Diet



**Thursday
July 23
6:00 p.m.**

Stone Age hunter-gatherers ate meat, fish, fruits and vegetables, and nuts and seeds.

Exercise Physiologist and Personal Trainer Nate Furlong says this diet can result in weight loss, increased energy and increased cognitive function.

Call to register: 586-574-4564

**Warren Civic Center
Conference room**

**Want to learn more?
Join us!**