



Mediterranean. Paleo. Keto. DASH. South Beach.
Atkins. Zone. Vegan. Raw Foods.

So many diets all promising to help you lose weight, lower your blood pressure, protect against disease or reduce your environmental footprint. Not sure which diet is best? Aspirus Certified Family Nurse Practitioners Robin Meneguzzo and Deb Gruver will discuss this question and more.

Ladies will also enjoy:

- Tasty appetizers
- Complimentary cocktails
- Aspiring Women gift and raffles

Pre-registration is required for this FREE event.

**Call Jenn Jenich-Laplander at
906.337.6541 to register.**

(If leaving a voicemail, please leave complete details including name and phone number.)