

# Wellness Cuisine Classes

*Traditional Mediterranean Diet*

**425-225-2755**

**2015**

**Mediterranean  
Diet**

**Next start**  
**April 13th**  
**5-7 p.m.**  
thru December



Dr. Marissa Fernandez-Kiemele  
Family Medicine and  
Lifestyle Medicine Physician

**The World's Healthiest Diet!**



Experience a healthy way of eating that is one of the best prescriptions for a long, healthy life.

- **Based on the dietary traditions of the countries along the Mediterranean sea**
- **Shown to improve life expectancy, heart disease, diabetes, Alzheimer's disease, eye sight, lung disease, arthritis, and reduce the risk of cancer and weight**

Call and schedule today. Dr. Fernandez has limited class space and you don't want to miss out.

**425-225-2755**

**Silver Lake:**

12728 19th Avenue SE, Suite 300

Everett, WA 98208

**Western  
Washington  
Medical Group**  
*Family Medicine*