Nutrition and Bariatric Health
with Long Island Community Hospital

Don't let stressful times take you off course from your goal of losing weight. Weight loss experts share how proper nutrition and better eating habits can help reduce your risk from COVID-19 and keep you healthier. Learn what options are right for your goals.

Presenters: Dr. Konstantinos Spaniolas and Mary Zotos, MS, RD
Long Island Community Hospital

Thursday, July 16, 7:00pm – 8:00pm
Click here to register!
Remember to add your email

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