

IS FISH OIL STILL RELEVANT?

Research continues to support that proper supplementation of fish oils is beneficial for heart health, brain health, inflammation, and healthy aging.



We welcome educator, Jolie Root, who will share with us why a quality fish oil supplement should still be part of our daily routine. She will also teach us how to identify a quality fish oil, decode the label and let us know how much fish oil is an effective dose. (Most of us are probably not taking enough!)

Tuesday, October 16th 6:30pm

Harvest Health Foods 6807 Cascade Road GR

RSVP: https://fish_relevant.eventbrite.com

Jolie Root, RN is a well-known radio personality, nutritionist, health educator & medical journalist invites you to tune into her radio show "Food for Thought" heard Fridays at 10AM on AM 1160 WVNJ New York

