

FREE Lunch & Learn

Mentor Ridge Health & Rehab

8151 Norton Parkway

Mentor, OH 44060

Enjoy a healthy and tasty meal prepared by our chefs and informational presentations on a variety of topics.

Wednesday January 23

12:00—1:00

Healthy Habits, Healthy You

The mid January blahs may have you ready to jump off the resolution wagon.

Hold the reins and ride to the Ridge.

Our chef and independent food blogger, Mark Jacobs, will be on hand to discuss ways to make healthy eating fun. Enjoy a tasty, hearty and healthy lunch prepared by Mark and our dietary staff.

Please RSVP by Jan. 17th

440-299-5500

Reach your Peak of wellness at the Ridge



Mentor Ridge

HEALTH AND REHABILITATION

