



CONSUMER'S LEBANON
جمعية المستهلك لبنان



SHOUF BIOSPHERE RESERVE
محمية الشوف المحيط الحيوي



In cooperation with
Shouf Biosphere Reserve & The Farm of Abou Saab Brothers

Consumer Lebanon
invite you to the workshop day

Mediterranean Diet and Being Healthy

Location : Ein Zhalta, The farm of Abou Saab Brothers.

Time : Friday 23 June 23, from 11:00 pm to 4:00 pm.

For inquiries, contact the number: 00961 71130963



Workshop Plan

- 11:00 am _ Session about the Mediterranean diet and Being Healthy.
- 12:00 am _ Round on the Farm to see the different organic agriculture.
- 1: 00 pm _ Preparing a delicious and healthy dishes from the culture of Mediterranean food .

Location : Ein Zhalta, The farm of Abou Saab Brothers.