

**Tuesday, July 14**

- Ideal Protein Information Seminar - 6:30pm

**Tuesday, July 28**

- Ideal Protein Information Seminar - 6:30pm
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**Ideal Protein Information Seminar**

**Time:** 6:30pm

If you're looking for a proven diet that comes with a recommendation you can trust, come and learn more. Attend one of Lourdes Health's FREE Ideal Protein® Educational Seminars.

To register for our upcoming virtual seminar, please click the following link:

[Ideal Protein Information Seminar Registration](#)