

How to Access The Mediterranean Diet Facebook Page

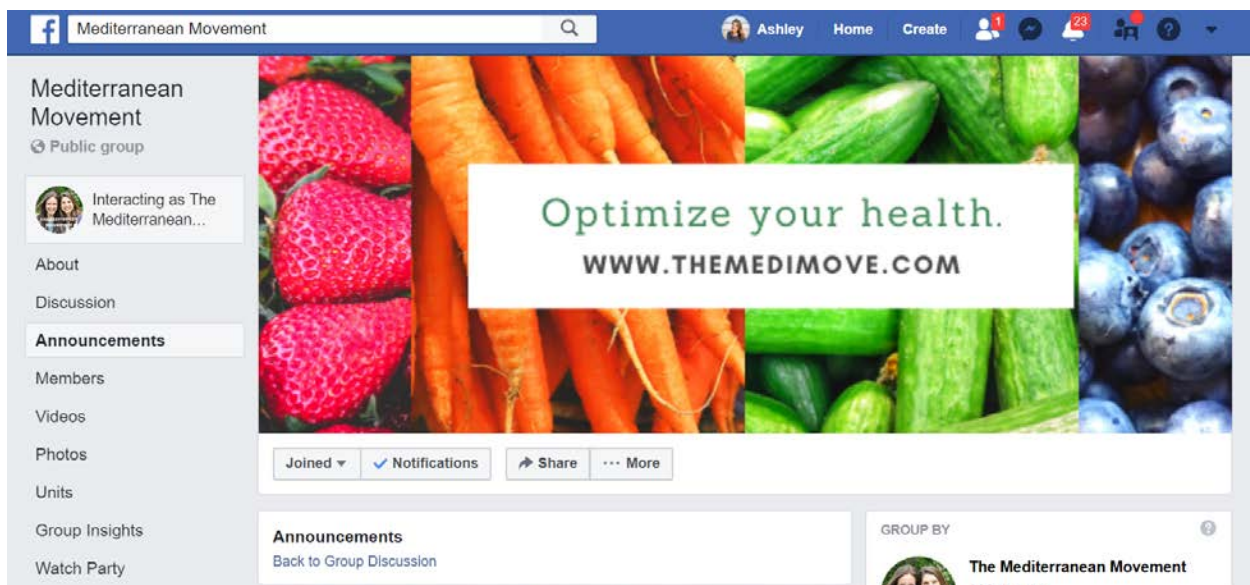
The Mediterranean Movement

Part of your Bundle:

As part of your package, you get access to our exclusive, Dietitian-led Facebook group! This is the ideal place to ask questions, compare stories, bolster your motivation, and enjoy meeting likeminded new friends. Our Registered Dietitian Jamie pops in frequently to answer your hard questions and situations.

How to join in five easy steps:

1. Navigate to: <https://www.facebook.com/groups/957527667958821/>
2. Ask to join the group
3. Answer the questions that pop up on your screen.
4. Wait briefly to be accepted, and then—YOU'RE IN!
5. Introduce yourself to the group in a quick post



More About us

Learn more about who we are and why we started The Mediterranean Movement, <https://www.themedimove.com/about-us/>

We can't wait to learn more about you too!

Happy eating,

Ashley & Jamie

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