

Interested in eating the Mediterranean way, but not sure where to start?



The Med Instead of Meds class series will help you Go Med by exploring 7 simple steps to eating the Med Way. Learn Med tips, life hacks, and recipes that will help you eat the Med Way every day.

Great tasting and good for you! The simple, delicious, and satisfying Med Way of eating will keep you coming back for more.

**For more information about
Med Instead of Meds contact:**

N.C. Cooperative Extension
Davie County Center

LUNCH & LEARN SERIES

October 11 & 18
November 1, 8, 15 & 22

12:00 p.m. - 1:00 p.m.

\$15 Registration Fee
Deadline October 4th
Call 336.753.6100

Bring your lunch & enjoy samples of
Med Way recipes during class!

Accommodation requests related to a disability should be made at least two weeks prior to a session by contacting Colleen Church at 336.753.6100.

North Carolina Cooperative Extension is an equal opportunity provider.

Find delicious Med Way recipes and resources @ medinsteadofmeds.com