

During the Med Instead of Meds class series, explore tools that will help you **Go Med**:



Simple steps for mindful eating



Meal planning



Label reading



Right-sizing your portions



Simple steps for mindful physical activity



Simple | Delicious | Satisfying

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

The Med Instead of Meds program 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.

Participation is free, but registration is required! Please register at: <https://go.ncsu.edu/medinsteadofmeds-registration> or contact your local Extension Agent for registration assistance.

12:00pm - 1:00pm  
 every  
**Thursday**



July 22  
 July 29  
 August 5  
 August 12  
 August 19  
 August 26

All sessions will be conducted via Zoom.

Registration will close at 5:00 pm on July 21st.

Please contact any member of the instructional team for questions or more information.

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