



MED instead of MEDS

for BETTER HEALTH

medinsteadofmeds.com

**Mondays
June 28-
August 2
1:00 PM**

Register at:

<https://go.ncsu.edu/medmondays>

All sessions will be conducted via Zoom. For security, the link will only be provided to registrants and a password will be required.

**Registration
Deadline: 6/23/21**

Eating the Med Way has been proven to protect against chronic illness. In some cases, eating the Med Way may even result in decreasing medication taken for high blood pressure, high cholesterol or diabetes.

The Med Instead of Meds class sessions will help you GO MED by explaining 7 simple steps to eating the Med Way. Learn Med Tips, life hacks, recipes and cooking skills that will help you eat the Med way every day.

Participation is free, but registration is required. The program will be recorded, so registrants can view at their convenience.

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

**Alexander
County**

**Iredell
County**

**Mecklenburg
County**

**Montgomery
County**

**Moore
County**

**Stanly
County**

**Union
County**



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