

**Pasquotank
Cooperative
Extension
Presents...**



Get Fit for the Holidays with Med Instead of Meds

Med Instead of Meds was created by a group of nutrition and health professionals from NC State University and NC Division of Public Health. Eating the Med Way has been proven to protect against chronic illness. In some cases, eating the Med Way may even result in decreasing medications taken for blood pressure, high cholesterol, or diabetes.* Hence the name Med Instead of Meds. Through interactive sessions, participants will gain knowledge of the 7 steps to eating the med way. Recipes will be prepared for tasting each week.

Class will be held every Tuesday night from 5:30-7:30 at the Pasquotank Extension Center from November 5 through December 10. Pre-registration of \$40 is required, which covers all materials including food samples.

1209 McPherson Street, Elizabeth City, NC
For more information , call 338-3954.

